CALGARY metro®

NEWS WORTH SHARING.

Let the Cyber Savings begin.

Delivering the online world™

CANADA POST POSTES CANADA

Let the Cyber Savings begin.

Today, millions of Canadians will make purchases online. At Canada Post, we'll be delivering more of those purchases than anyone else, right to you or to one of our 6,400 locations, with special weekend deliveries for the holiday season. It's our way of helping, in this busy time of year. Happy holidays from Canada Post.

Delivering the online world™

CANADA POST / POSTES CANADA

Now with **Seasonal Weekend Deliveries.**

canadapost.ca/holiday

™Trademark of Canada Post Corporation.

CALGARY metro®

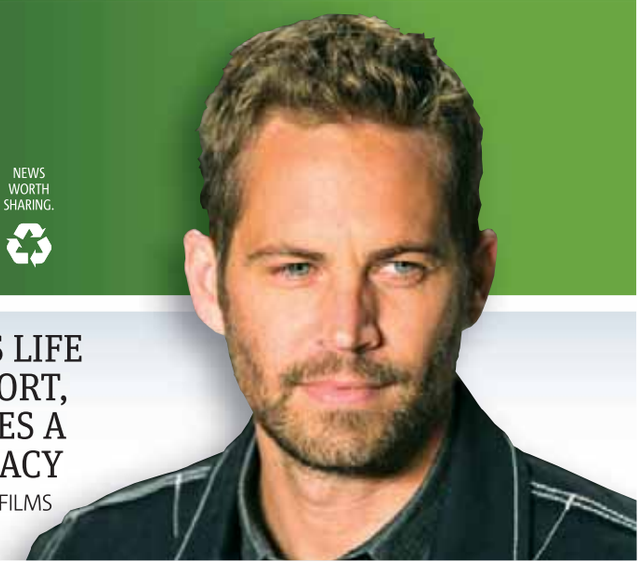
NEWS WORTH SHARING.

A breach of Canada's national security?

A Canadian naval engineer is accused of trying to send classified information on the country's shipbuilding strategy and marine sovereignty to China PAGE 10

'His smile is printed on my soul'

Family, friends talk about the positive impact murder-victim Lukas Strasser-Hird had on them as hundreds of people celebrated his life Sunday PAGE 6



THOUGH HIS LIFE WAS CUT SHORT, ACTOR LEAVES A STRONG LEGACY

PAUL WALKER'S BEST FILMS PAGE 15

HITMEN LEND HELPING HAND

Calgary Hitmen defenceman Travis Sanheim, left, and centre Terrell Draude help stuff some of the thousands of plush toys hurled onto the Scotiabank Saddledome ice Sunday afternoon after the Hitmen scored their first goal, as part of the team's annual Teddy Bear Toss for charity. See story, page 7. ROBSON FLETCHER/METRO

Calgary Transit reveals new routes, service schedule

Major boost.
Inner-city routes, booming communities to see bonus hours

BRYAN WEISMILLER and JEREMY NOLAIS
calgary@metronews.ca

For university students, Calgary Transit's new service hours could mean cramming in another 10 minutes of late-night studying instead of waiting for the No. 20 bus.

The extra 55,000 hours of transit service approved last week in the city budget for 2014 also translate into eight fewer minutes that commuters have to wait for the popular No. 1 on a frosty winter afternoon.

Riders should also benefit from plans to add more bus-rapid transit runs on the No. 301 north and No. 306 Westbrook routes, as well as extended service in areas like Rocky Ridge and Copperfield.

Adeem Khan admits catching the bus can be a pain.

"Especially late at night, it's bad," said Khan, who takes Route No. 20 five days a week to classes at the University of Calgary and also hops aboard the No. 1 from time to time to get downtown.

"During the day there are more buses, but at night there's less frequency."

Those changes are just some outlined in a complete breakdown of the boosted hours provided to Calgary city councillors and obtained by Metro.

Route No. 1 will see increased bus frequency during weekdays, as will Route No. 36 and No. 41, while Route No. 19 will see improvements both then and on weekends.

"It's a combination of service to new communities that virtually had no service before and increasing service on routes that are being heavily used and overloaded," explained transit's planning manager Neil McKendrick.

Ward. 12 Coun. Shane Keating was pleased his southeast suburbs will see adjustments to the No. 92, 151 and 153 routes

Keating also highlighted it's a boost in ridership that's covering the tab.

"It's paying for itself," said city council's transit chairman, adding he'd like to see the money keep flowing back into service if Calgary Transit continues to rake in profits.

The transit system predicts it will bring in $11 million more than expected next year.

LASIK NOW, PAY IN 2015.

Begin a new journey without the hassles of glasses and contacts.

LASIK MD VISION

Starting at $490 per eye*

Book a free consultation at 1-877-554-9888 or lasikmd.com

0 Interest Payments Down Until 2015†

*Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes between January 1, 2014 - December 31, 2014. Cannot be combined with any other offer. †Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

'Tis the Season!

BUY IT new.
BUY IT now.
Our best prices of the year!

CMP GM
CHEVROLET Cadillac BUICK GMC

0% Financing
On All 2014s!

UP TO
$15,000 OFF
Or 0% On ALL 2013s!

2013 GMC Terrain

christmas sale price: $24,995
Only: msrp: $30,345
$73 /week

2013 Chevrolet Sonic

christmas sale price: $11,995
Only:
$35 /week

2013 GMC Sierra 4X4 EXT CAB

christmas sale price: $22,995
Only: msrp: $37,620
$69 /week

2013 GMC Sierra 2500HD Duramax Diesel

christmas sale price: $52,898
Only: msrp: $67,175
$151 /week

WINTER SERVICE SPECIALS

CALL TO BOOK!
403-930-1543
Goodwrench Service

SPECIAL #1

$139.95 CARS & TRUCKS GAS ENGINES

$179.95 DIESEL ENGINES

- LUBE OIL FILTER (DEXOS UP TO 5 LITRES)
- MULTI-POINT INSPECTION
- LUBRICATE LOCKS, LATCHES AND HINGES
- TOP UP FLUIDS
- CHECK BELTS AND HOSES
- 4 WHEEL TIRE ROTATION INCLUDING TPM RESET

CMP GM
CHEVROLET Cadillac BUICK GMC

403-930-1634
CMPAUTO.COM
1313 36 St. NE, Calgary, AB, T2A 6P9

CANADA'S BEST MANAGED COMPANIES

AMVIC LICENSED

REBUILD YOUR CREDIT

BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
403.207.1041
CALGARYAUTOFINANCING.COM

Kaizen AUTOMOTIVE GROUP

PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

A tale of two cities. Road-rehab budgets diverge

Reports of Edmonton's exorbitant street-maintenance spending have been greatly exaggerated at Calgary city council, according to the man in charge of the provincial capital.

Edmonton Mayor Don Iveson told Metro he was surprised to hear Mayor Naheed Nenshi's account of an earlier conversation.

"I was talking to the new mayor of Edmonton," Nenshi said during Calgary's budget deliberations last week. "And he said, 'I need to spend at least $200 million a year on pavement rehabilitation. How do you get away with spending so much less than we do?'"

Council then heard that Calgary only spends about $25 million on road rehab each year, plus another $2.5 million or so for pothole repair.

City staff attributed the difference to superior road construction, a more proactive maintenance regime, and the fact that Calgary's roads are newer than Edmonton's.

Iveson, however, said the $200-million figure isn't right.

"That is him putting words in my mouth," Iveson said. "To be honest, he may not recall the full nuance of the conversation."

Edmonton spends roughly $21.7 million a year on arterial road maintenance plus about $6 million on pothole repair, according to city documents.

Then there is $167 million for its Neighbourhood Renewal program, which includes everything from roads to sidewalks to underground utility work to new streetlights.

ROBSON FLETCHER/METRO WITH FILES FROM RYAN TUMILTY IN EDMONTON

GuZoo owner's wife launches own private prosecution

Simmering tensions between owners of Alberta's controversial GuZoo and an animal-rights activist appear bound for the courts.

A summons obtained by Metro indicates GuZoo opponent Phil Shaw has been charged via private prosecution with trespassing, break-and-enter and "vandalism with a knife to fear he would cause personal injury."

The legal action was spurred by Irene Gustafson, wife of GuZoo owner Lynn Gustafson, and stems from a May 25 incident.

Shaw, who has been labelled a whistle-blower by some, has continuously criticized operations at GuZoo and even obtained his own footage of what he claimed were deplorable living conditions for hundreds of exotic and domestic animals.

Material he provided to the province spurred new inspections and led to new regulations enforced on the Gustafsons when it comes to disposing of animal carcasses.

GuZoo lost its licence for a month in 2011 amid a surge in criticism stemming from photos of animal cages taken by visitors.

Reached Sunday, Shaw denied he'd ever threatened any member of the Gustafson family, but also indicated he now plans to steer clear of them.

"I have decided to go quietly, but I won't accept false accusations," he said.

The Gustafsons declined to discuss any legal action being taken. JEREMY NOLAIS/METRO

Phil Shaw is seen during a trip to GuZoo METRO FILE

Blizzard, deep freeze expected to hit city

Road conditions. For up-to-date info, call 311 or visit the city's road-conditions website

Calgary remained under a blizzard warning Sunday night — an advisory typically issued just once or twice a season in Alberta — and city officials warned drivers to leave extra time for Monday's commute or consider staying home until conditions improve.

"It doesn't look like it's going to be a wimpy storm," Brad Power of Environment Canada said Sunday, looking at the incoming weather system.

In the hierarchy of winter weather warnings, Power said "blizzard is king" and is issued only when the worst conditions are on the way.

Seriously, people

"It's going to be bad. Stay home. Close your blinds. Put on the hot chocolate. Just stay inside, really."

Brad Power of Environment Canada

For Calgary, that included a forecast 10 to 20 centimetres of snow on Monday, with some areas potentially seeing 30 centimetres or more by Tuesday morning, as well as reduced visibility and gusting winds of up to 80 km/h.

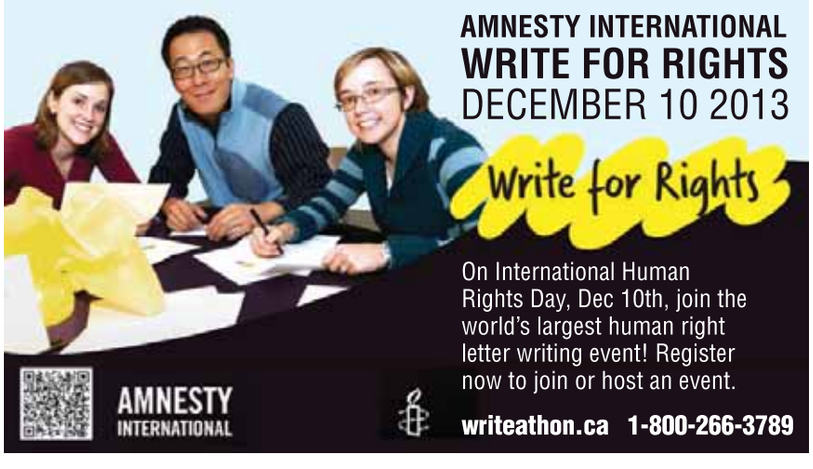
Some parts of the city could also see freezing rain ahead of the snow, but Power said that is likely to be limited, if it at all.

"The threat of freezing rain is a very slight threat," he said. "It could materialize but it's not likely to be widespread."

City crews were applying anti-icing agents to bridge decks and hills ahead of the snow fall and planned to begin clearing priority-one routes as soon as the white stuff starts to accumulate.

Temperature are expected to drop to -14 C by Monday afternoon, -26 C with the windchill. ROBSON FLETCHER/METRO

City officials said to expect a snowy commute Monday morning and advised extra caution if you do venture out onto Calgary's roads. METRO FILE


AMNESTY INTERNATIONAL
WRITE FOR RIGHTS
DECEMBER 10 2013
Write for Rights
On International Human Rights Day, Dec 10th, join the world's largest human right letter writing event! Register now to join or host an event.
writeathon.ca 1-800-266-3789
AMNESTY INTERNATIONAL

Edmonton

Inmate takes fellow prisoner hostage

After just over three and a half hours of negotiation, Edmonton police were able to end a hostage situation at the Edmonton Remand Centre on Sunday afternoon.

EPS responded to the correctional facility on the north end of the city shortly after 12:30 p.m. when an inmate took his cellmate hostage.

While no inmates, police or remand staff were hurt in the incident, AUPE vice-president Eres Raz said, it is necessary for the government to complete a full debriefing on the situation to determine how the situation was handled by staff and EPS.

"My first reaction was I am hoping none of my colleagues were affected," said Raz, who along with his position at AUPE, works as a correctional peace officer at the centre.

Raz noted that, as a correctional peace officer, he is constantly faced with different dangers every day on the job.

"Any time we go to work, we are always having to be conscious of our surrounding, conscious of the people we are dealing with."

While the authorities could not confirm what type of weapon was used in the incident, Dan Laville from the solicitor general's office said police were able to separate the two inmates shortly before 4 p.m.

"The situation was resolved peacefully," Laville said.

Along with a criminal investigation by EPS, the solicitor general will be launching its own review of the incident to determine if the correct protocol was followed. METRO IN EDMONTON

The Internet's 50% off, and the WiFi's on us.
High Speed 25
$30/mo
for the first six months
regular rate $60/mo
This holiday season, switch to Shaw Internet and enjoy savings of 50%.
Plus get complimentary access to over 20,000 Shaw Go WiFi locations.
Ready to switch? Call 1-855-489-6891 or visit shaw.ca/internetoffer
Download the Shaw Go WiFi Finder app to search for WiFi locations near you.
Available for all mobile devices.
Shaw)
Offer subject to change without notice. Price shown does not include tax. Promotional offers or Limited Time offers apply to new customers only. Must not have subscribed to the selected Shaw service or bundle in the past 90 days. Regular rates apply after promotional period and are subject to change without notice. Regular rate $60 a month. Availability of Shaw Internet packages and service may vary by region, modem equipment, or residential wiring. Internet download speed is based on optimal conditions. Equipment not purchased by you must be returned to Shaw if any of your services are cancelled. You may not resell Shaw services. All Shaw services are subject to our Joint Terms of Use and Privacy Policy available at shaw.ca.

'Fan swarm' honours Bow Valley hockey's biggest fan

Spirit of sport. Sledge hockey athletes to appear on Hockey Night In Canada

JEREMY NOLAIS
jeremy.nolais@metronews.ca

If you take a quick glance away from the high-powered on-ice offence of the Bow Valley Peewee 5 hockey team you're likely to spot tiny Kale Crisp cheering or barking out orders from stands.

The nine-year-old has cerebral palsy and limited mobility in his legs prevents him from suiting up for the Bow Valley Flames alongside older brother Tommy.

But hockey is in the Crisp blood. Tommy and Kale's father is a National Hockey League scout and their grandfather was both a player and coach at the professional level.

So Kale does what he can, suiting up for the 15-member Calgary Venom sledge hockey team, the lone novice squad of its kind in the city.

He streaks up and down the ice much like his brother but makes use of a sled and two sticks.

"You have to be sitting down and you use your sticks to move.... I play a lot of defence," he explained, beaming with pride during an interview Sunday.

But competition is lacking a little in Kale's division — the Venom mostly practice and play exhibition games in the buildup to a single, season-ending tournament for all the marbles. As a result, few show up to cheer him and his teammates on.

But D'Arcy Sullivan, who manages Tommy's team, decided to change that. He organized a "fan swarm," equipping his players with clappers and blow horns, sending them off to cheer on the Venom during their evening scrimmage Nov. 16.

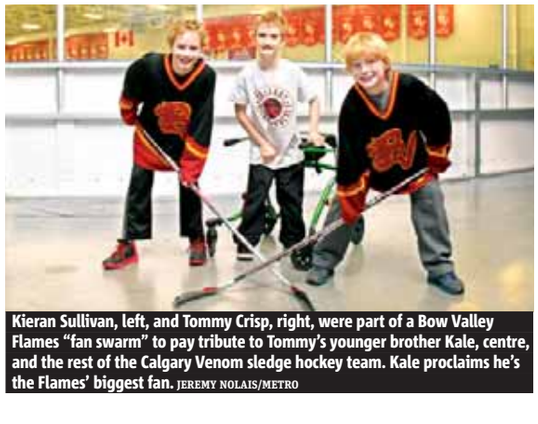
While the action continued on the ice, Flames parents snuck into the Venom dressing room to deck it out with nameplates, goody bags and even a cooler of Gatorade. Trudging back to the dressing room using his walker, Kale was congratulated and patted on the head by the "swarm" members.

"It was really fun," he said.

Sullivan, whose son Kieran also plays for the Flames and took part in the fan swarm, said it was the least his boys could do. "This is a means of giving back to someone else and they really embraced it," he said.

Sponsor a sled

- To see a video of the Bow Valley Flames fan swarm head to metronews.ca.
- The Calgary Venom are hosting an event on Dec. 19 at Muldoon's Pub to help raise funds for their trip to Hockey Day In Canada celebrations in Lloydminster. You can also sponsor a sled for $850. For contact details and to find more information head to calgarysledgehockey.ca.



Kieran Sullivan, left, and Tommy Crisp, right, were part of a Bow Valley Flames "fan swarm" to pay tribute to Tommy's younger brother Kale, centre, and the rest of the Calgary Venom sledge hockey team. Kale proclaims he's the Flames' biggest fan. JEREMY NOLAIS/METRO

We've got a brand new look! Come celebrate with up to $75 off.

Drop by for our grand reopening at
Market Mall to get up to $75 off any smartphone.*
On a 2 year term on a TELUS SharePlus Plan.

3625 Shaganappi Trail NW
Calgary, AB
T3A 0E2

TELUS
the future is friendly®

For more details on this great offer, visit your TELUS store, authorized dealer or retailer, telusmobility.com or call 1-866-264-2966.

*$75 in-store credit applies to handset only at the time of activation. $75 credit is non-transferable and not redeemable for cash. Offer valid from November 29 to December 15, 2013, at Market Mall, Calgary, Alberta, only. TELUS, the TELUS logo, telusmobility.com and the future is friendly are trademarks of TELUS Corporation, used under licence. All other trademarks are the property of their respective owners. © 2013 TELUS.

EARLY BIRD DEADLINE
FAST APPROACHING!

Heart&Stroke
ALBERTA calendar lottery

Early Bird Deadline Midnight December 12, 2013

EARLY BIRD PRIZE
$50,000

2014
Heart&Stroke calendar lottery

WIN DAILY CASH PRIZES.
EVERY DAY OF THE YEAR!
ONLY $25

WIN CASH PRIZES
$3,000 Every Day
$10,000 Every Week
$20,000 Every Month
4,800x $25 CASH BACK Prizes

Order at www.heartandstroke.ab.ca/calendar

$25 EACH
3 FOR $70
6 FOR $125

1-855-478-4382 Ext. 900
Calgary 403-920-3645 Ext. 900
Edmonton 780-822-2430 Ext. 900

Every ticket helps the Heart and Stroke Foundation Make Health Last.

HEART & STROKE FOUNDATION | MAKE HEALTH LAST

Please visit www.heartandstroke.ab.ca/calendar or call 1-855-478-4382 for complete rules of play. Tickets may be sold and purchased only in Alberta. Ticket purchasers must be 18 years of age or older. Calendar Lottery Tickets are $25 each (57,599 Tickets available at this price), 3-packs for $70 each (30,187 3-packs for a total of 90,561 Tickets available at this price) or 6-packs for $125 each (28,640 6-packs for a total of 171,840 Calendar Lottery Tickets available at this price). The number of Calendar Lottery Tickets in each price category may change, however the total number of Heart&Stroke Calendar Lottery Tickets for sale, 320,000, will not. All draws will occur at Stride Management Corporation, 3950 – 12 Street NE, Calgary, Alberta T2E 8H9, occurring from January 3rd to January 9th, 2014 at 11:00 a.m. Heart and Stroke Foundation of Canada, Alberta Chapter, Lottery Licence #: 354240.
© 2013 Heart&Stroke Calendar Lottery™ and Heart & Stroke Foundation logos are trademarks of the Heart and Stroke Foundation of Canada. All rights reserved. Unauthorized use prohibited. © 2013 Bank of Canada – bank note images used and altered with permission. Net proceeds, (meaning all profit after prizes, marketing and operational expenses are accounted for), goes directly to life-saving research in support of our mission to prevent disease, save lives and promote recovery from heart disease and stroke benefitting residents of Alberta.

A life-changer and an inspiration

Lukas Strasser-Hird.
Family of murder victim thanks public for support during celebration of life

A picture of murder victim Lukas Strasser-Hird and one of his hockey jerseys are seen in a southwest Calgary church where his life was celebrated Sunday.
JEREMY NOLAIS/METRO

Even as a little tyke, Lukas Strasser-Hird didn't think twice about his extending his hand to help someone.

Hundreds in attendance Sunday for a celebration of the 18-year-old's life heard a story of him as a two-year-old reaching down over and over to pull up a young girl struggling to climb a ladder at a neighbourhood playground.

"That was just kind of what Lukas did," remarked uncle Sean Mutchmor.

As he grew older, Strasser-Hird's ability to aid and motivate others didn't stop.

"Lukas changed my life," proclaimed his best friend, Ramsey Sharawi. "When I met him I was lazy and fat. He inspired me to lose weight and better my life. I can't thank him enough.... He was my best friend but I feel like I lost a brother."

Strasser-Hird was out with friends in the early morning hours of Nov. 23, celebrating his return to Calgary after two years of schooling in Bolivia. According to police, a confrontation broke out inside a bar and Strasser-Hird and his friends were escorted out. They intended to leave the area, but they were chased into an alley in the 200 block of 10th Avenue S.W.

Strasser-Hird was beaten and stabbed. He died in hospital a few hours later surrounded by family and friends.

The death sent shock waves through countless circles of friends he'd made over the years.

Mother Audrey Strasser told those in attendance her family has been overwhelmed by a "tremendous outpouring of love" from close friends and complete strangers alike, both in Calgary and abroad.

"Nothing in this world will take away my broken heart, but the amount of love we are receiving has healed a tiny little spot inside of us," she said.

Strasser-Hird excelled at hockey, was not afraid to take risks and even found time for a practical joke or two, but it was the impact he had on others that everyone speaking Sunday paid tribute to — even his nine-year-old sister, Julia Hird.

"He said, 'If I can do it, you can too,'" she explained. "His smile is printed on my soul and I hope the same for you."

JEREMY NOLAIS/METRO

ENROLL IN OUR DENTAL ASSISTANT CERTIFICATE PROGRAM TODAY!
GRADUATES ACHIEVED 100% PASS RATE ON MOST RECENT NATIONAL EXAM.

Dental Assistant Professionals are earning between $38,000 to $67,000 per year.

Taught by industry experts
High School diploma not required
Free upgrading may be available

For more information:
www.columbia.ab.ca/m
Call now: 403.235.9300
802 Manning Road NE, Calgary AB

COLUMBIA COLLEGE CALGARY

Quality education that works for you & employers.

Plush pets pour out as Padakin pots the puck

Teddy Bear Toss.
Stuffed animals handed out to children through dozens of local charities as part of annual event

ROBSON FLETCHER
robson.fletcher@metronews.ca

For the second year in a row, Calgary Hitmen right-winger Pavel Padakin scored the goal that triggered an avalanche of animals from the stands at the ScotiaBank Saddledome as part of the team's annual Teddy Bear Toss.

"It's a mystery," Padakin said of his knack for being the first on his team to find the back of the net during the game.

The Teddy Bear Toss sees fans bring tens of thousands of plush toys to the arena and hurl them onto the ice for charity once the home team gets on the scoreboard.

This year, nearly 26,000 stuffed animals were thrown onto the ice after Padakin scored at the 3:42 mark of the second period, en route to a 4-0 Hitmen victory over the Medicine Hat Tigers.

"It's the most exciting day of the whole year," said Hitmen season-ticket holder Jim Cairney.

"When 20,000 or more teddy bears go down, it's an awesome sight."

Calgary Hitmen right-winger Pavel Padakin leaps into a pile of teddy bears on the ice at the Scotiabank Saddledome on Sunday after scoring the team's first goal of the game against the Medicine Hat Tigers. ROBSON FLETCHER/METRO

Red Deer

Sex offender turns himself in

Red Deer RCMP say a man convicted of multiple violent offences turned himself in over the weekend. Dean Zimmerman, 47, was wanted on Canada-wide warrants and was scheduled to go before a justice of the peace Sunday. He has been convicted of assault causing bodily harm, sexual assault with a weapon and forcible confinement. METRO

Dover. Unconscious man rushed to hospital after fire and aborted 911 call

Emergency responders rushed a man to hospital early Sunday morning after he was found unconscious in a southeast Calgary residence.

Police, fire crews and EMS arrived at the home in the 3500 block of 33rd Street S.E. after receiving a 911 hangup call around 1 a.m.

Light smoke was present in the home as they entered.

On the main floor, they found an adult male lying unconscious. He was then taken to hospital.

Crews deemed the fire found in the home minor and extinguished it. The cause of the fire is still under investigation.

METRO

Monday, December 2
Today Only!

SAVE 70%
389.99
PRO FORM® CROSSWALK 395 TREADMILL
SEARS Reg. $1299.99
W-0629844
PLUS
ALL TREADMILLS ON SALE

$10
SELECTED* KIDS' FASHIONS AND SLEEPWEAR REG. PRICED AT $12.99-$29.99
Includes Nike®, Adidas®, Levi's® and Girl Confidential™/MC.
W-4037193

GIFT OF THE Day

Sears

BE THE FIRST TO KNOW ABOUT OUR GIFT OF THE DAY!
Scan this code or go to **Sears.ca/giftoftheday** to check out today's deal and sign up for e-mail or text message reminders.

These savings offers exclude items with prices ending in .97, dresses, dresswear, Carter's and OshKosh B'Gosh™/MC brands.

NE121G213 © 2013. Sears Canada Inc.

The Black Friday

DAY

Sale

Also available at these retailers:

BEST BUY mobile your phone, your way · COSTCO WHOLESALE · FUTURE SHOP · THE SOURCE · MOBILE · Tbooth wireless · Visions · Walmart · WIRELESS etc... · WIRELESSWAVE

What's better than a Black Friday Sale? Bell's Black 4 Day Sale. Choose from amazing Samsung superphones at super prices. There's never been a better time to get on Canada's largest LTE network.[1]

Samsung Galaxy
Note 3™ superphone

$199.95

2-yr. term with
Voice & Data Plus plan

$799.95 No term

Samsung Galaxy S4™
superphone

$0

2-yr. term with
Voice & Data Plus plan

$699.95 No term

Samsung Galaxy
S4 mini superphone

$0

2-yr. term with
Voice & Data Lite Plan

$499.95 No term

Samsung Galaxy
Ace II x 4G smartphone

$0

2-yr. term with
Voice plan

$249.95 No term

BONUS | DOUBLE YOUR DATA ON SELECT PLANS[2]

Friday, November 29–Monday, December 2 only.

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Bell Black Friday just got better

Available at the following Bell stores:

AIRDRIE
- Sierra Springs

BANFF
- Cascade Plaza

CALGARY
- 216 Saddletowne Circle
- 1002–17th Ave. S.W.
- 9650 Harvest Hills Blvd. N.E.
- Beacon Hill Centre
- Bow Valley Square – Kiosk
- Chinook Centre
- Crowfoot Crossing
- Deerfoot Meadows
- Deerfoot Outlet Mall
- Eaton Centre
- Market Mall
- Marlborough Mall
- North Hill Shopping Centre – Kiosk
- Northland Village
- Shawnessy Village
- Southcentre Mall
- Southpointe Shopping Centre
- Sunridge Mall
- Westbrook Mal – Kiosk

CANMORE
- 105–802 Bow Valley Trail

EDMONTON
- 3918 White Mud & 17th St.
- 17551–100th Ave.
- 14822 Stony Plain Rd.
- 18559 Stony Plain Rd.
- Abbottsfield Shoppers Mall
- Bonnie Doon
- Edmonton City Centre
- Kingsway Garden Mall
- Londonderry Mall
- Meyokumin Retail Centre
- Mill Woods Town Centre
- Namao Centre South
- Northgate Centre
- Oliver Square
- South Edmonton Common
- South Park Centre
- Southgate Mall – Kiosk
- St. Albert Trail at 137 Ave.
- Terra Losa Shopping Centre
- West Edmonton Mall
- West Edmonton Mall – Kiosk
- Westmount Centre

FORT MCMURRAY
- 19 Riedel St.
- Peter Pond Shopping Centre

GRANDE PRAIRIE
- Prairie Mall
- South 40 Shopping Centre

LETHBRIDGE
- Centre Village Mall – Kiosk
- Lethbridge Smart Centres
- Park Place

LLOYDMINSTER
- Lloyd Mall

MEDICINE HAT
- Carry Drive Plaza
- Medicine Hat Mall

PEACE RIVER
- 10032–100th St.

PINCHER CREEK
- Ranchland Mall – Kiosk

RED DEER
- Bower Place Shopping Centre
- Parkland Mall
- Southpointe Common

ROCKY VIEW
- Crossiron Mills Mall
- Crossiron Mills Mall – Kiosk

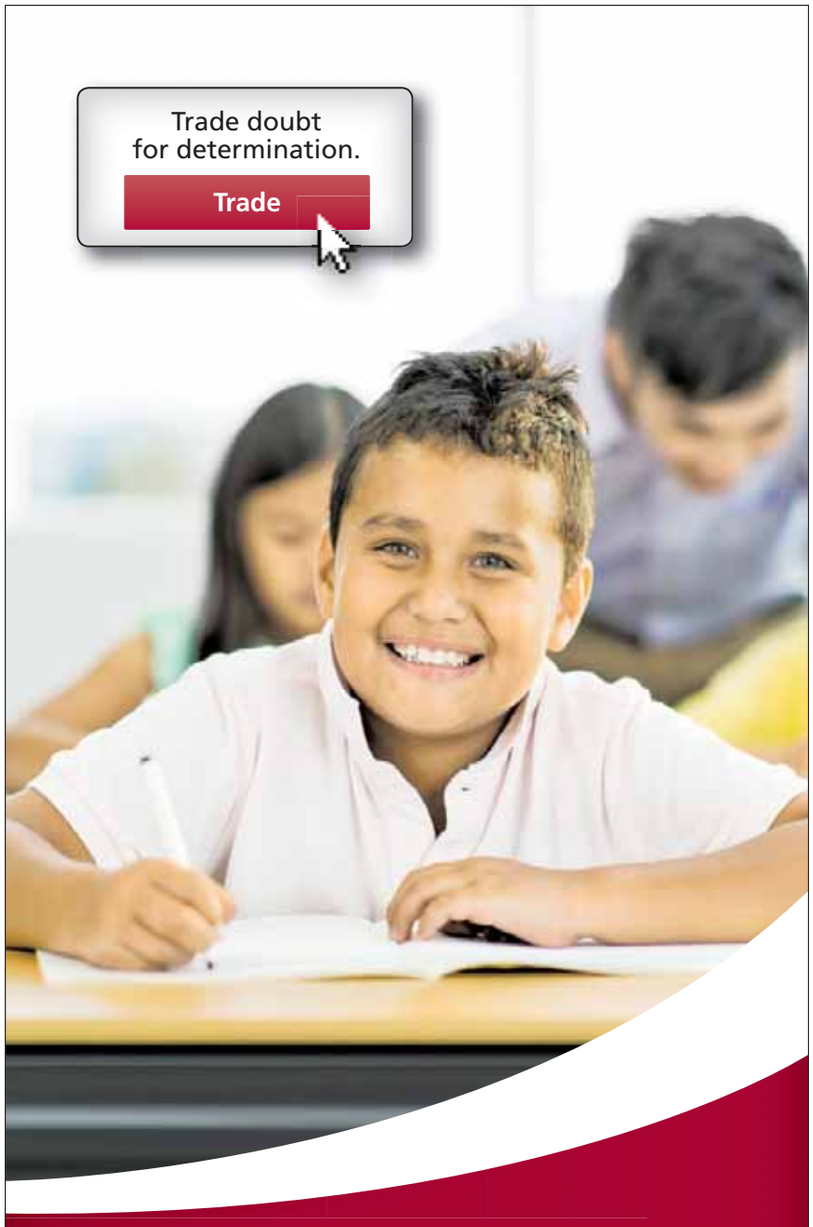
SHERWOOD PARK
- Emerald Hill Centre
- Sherwood Park Mall

SPRUCE GROVE
- Creekside Centre

ST-ALBERT
- 460–140 St-Albert Rd.
- St. Albert Centre

WHITECOURT
- 3439–34th Ave.

Offers valid November 29 to December 2, 2013. Available with new activation of compatible devices within network coverage areas available from Bell Mobility; see bell.ca/coverage. Long distance and roaming charges (including foreign taxes) may apply. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (Sask: $0.62, New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.70, Quebec: $0.40), and one-time device activation ($35) apply. Fees may apply for applications, features, content and roaming when outside your local area. If you end your services early, a fee will apply; see your Service Agreement for details. Subject to change without notice. Taxes extra. Other conditions apply. (1) Based on total square kms of coverage on the shared LTE network available from Bell vs. Rogers' LTE network. See bell.ca/LTE for details. (2) Available on Voice & Data Lite 75, Voice & Data Plus 85 and Voice & Data Plus 105 plans. Samsung, Galaxy S4, and Galaxy Note 3 are trademarks of Samsung Electronics Co., Ltd., used in Canada under license.



On CIBC Miracle Day,
we're investing in kids.

Make a difference in a child's life by trading with us on **December 4, 2013**. It's called CIBC Miracle Day®, and CIBC wholesale banking employees and participating CIBC Wood Gundy Investment Advisors will donate their fees and commissions to children's charities. Make a trade on this day and join us in our efforts to give back to our communities.

Invest in a Miracle®.
For more information, visit **cibc.com/miracleday**

CIBC Miracle Day

CIBC FOR WHAT MATTERS.

facebook.com/CIBC #CIBCrunforthecure

®Miracle Day, Invest in a Miracle and Snowman & Design are registered trademarks of CIBC World Markets Inc.
"CIBC For What Matters." is a trademark of CIBC.

Plan to send secret info to China foiled: RCMP

National security. Police were 'able to move quickly to disrupt a threat to Canadian interests'

A Canadian naval engineer is accused of trying to send classified information on Canada's shipbuilding strategy and marine sovereignty to the Chinese government.

Qing Quentin Huang, 53, from Waterdown, Ont., was arrested in nearby Burlington on Saturday, just two days after the RCMP say they became aware of the allegations against him.

The RCMP said they learned on Thursday that Huang was allegedly taking steps to pass on classified information to China relating to Canada's national shipbuilding strategy.

Huang is a Canadian citizen and an employee of Lloyd's Register, a subcontractor to Irving Shipbuilding Inc., the RCMP said Sunday at a news conference to announce the arrest.

"These are documents of a confidential and sensitive nature to the government of Canada that relate to their vessels that support our marine services in relation to sovereignty here in Canada," said RCMP Chief Supt. Jennifer Strachan.

The national shipbuilding strategy includes patrol ships, frigates, naval auxiliary vessels, science research vessels and ice breakers, she said.

Huang is charged under the Security of Information Act with two counts of attempting to communicate classified information to a foreign entity. He is being held in custody pending a bail hearing Wednesday in Toronto, the RCMP said.

THE CANADIAN PRESS

Cars from a passenger train are scattered after the train derailed in New York City on Sunday. EDWIN VALERO/THE ASSOCIATED PRESS

N.Y.C. train derailment kills at least 4

A Metro-North passenger train derailed on a curved section of track in the Bronx on Sunday morning, killing four people and injuring 63 as one car came to rest just inches from the water, authorities said.

New York Governor Andrew Cuomo announced the deaths at a news conference at the site of the crash near the Spuyten Duyvil station. He said authorities believe everyone at the site had been accounted for and that investigators from the National Transportation Safety Board were en route.

Eleven people are believed to be in critical condition, authorities said. The train operator was among the dozens injured, Cuomo said.

Metropolitan Transportation Authority spokeswoman Marjorie Anders said the big curve where the derailment occurred is in a slow speed area. The black box should be able to tell how fast the train was travelling, Anders said.

The derailment of the southbound Hudson Line train was reported at about 7:20 a.m., authorities said. Four or five cars on the seven-car train derailed about 90 metres north of the station, the Metropolitan Transportation Authority said in a news release. But none of the cars entered the Hudson or Harlem rivers, which are adjacent, the MTA said.

MTA chairman Thomas F. Prendergast said that speed was one of the factors authorities planned to investigate.

THE ASSOCIATED PRESS

Canada criticized over policy on info obtained via torture

Security. Government defends guidelines as principled response to threats of terrorism

A major alliance that promotes European security has criticized Canada for opening the door to the use of information that may have been extracted through torture.

Newly disclosed briefing notes and correspondence show the Organization for Security and Co-operation in Europe wrote to Canada's representative to the organization to express concerns about the policy.

Canada belongs to the 57-member alliance, which bills itself as the world's largest regional security organization, working for peace, democracy and stability for more than a billion people.

The Canadian government responded to the February 2012 letter with a staunch defence of its information-sharing policy as a principled response to terrorism and other security threats.

The OSCE's concerns came to light through heavily censored records released to The Canadian Press under the Access to Information Act.

Though the organization's letter to Canada's then-ambassador to the OSCE is blacked out, a spokesman for the Vienna-based agency's human rights office spelled out its concerns.

The OSCE quietly expressed its objections to Canada over revelations the government had directed Canada's spy agency to use information that may have been gleaned through torture in cases where public safety is at risk.

Janez Lenarcic, director of OSCE's Office for Democratic Institutions and Human Rights, wrote to the Canadian OSCE delegation to express concerns such a directive "would undermine the implementation of OSCE human dimension commitments and international human rights standards — in particular the absolute prohibition of torture and other forms of ill-treatment," said office spokesman Thomas Rymer.

Canada's then-ambassador to the OSCE, Fredericka Gregory, forwarded the letter to Ottawa, and the matter eventually landed on the desk of Lynda Clairmont, senior assistant deputy minister for national security in the Public Safety Department.

THE CANADIAN PRESS

Secret directive

In preparing a response, Public Safety consulted CSIS, the Canada Border Services Agency and Foreign Affairs.

- The late May 2012 reply to Lenarcic, signed by Gregory, pointed out that the 2010 directive had been expanded, giving CSIS the go-ahead to provide information to foreign agencies even when there is a "substantial risk" it will lead to torture.

Death toll expected to rise in Scottish helicopter crash

Scottish Fire and Rescue services look on at a section of a police helicopter being lifted from the scene Sunday following a crash at the Clutha Bar in Glasgow. Emergency workers were sifting through wreckage for survivors of the crash onto the crowded pub that killed at least eight people and injured more than two dozen. The number of fatalities is expected to rise, officials said. SCOTT HEPPELL/THE ASSOCIATED PRESS

Senate scandal

Ex-PMO staffer's emails to be handed to RCMP

The federal government has notified the RCMP about a cache of emails belonging to Benjamin Perrin, former counsel for the Prime Minister's Office and a central figure in the Senate spending scandal.

The Privy Council Office says it was wrong when it said Perrin's emails were deleted, and will "immediately turn over these email records." THE CANADIAN PRESS

Egypt

Morsi supporters clash with police

Police fired tear gas to drive hundreds of supporters of Egypt's ousted Islamist president Mohammed Morsi from Cairo's famed Tahrir Square on Sunday, as a panel tasked with amending a constitution adopted during his time in office convened for a second day. THE ASSOCIATED PRESS

The Gift of
POSSIBILITIES
one card. a million options.
Prepaid Card
Carte Prépayée
$25
$50
$200
VISA
$35
$75
$250
AVAILABLE IN DENOMINATIONS FROM $25 UP TO $250
SHOPPERS DRUG MART
7-ELEVEN
GIANT TIGER
Longo's
PETRO-CANADA
EB GAMES
Mac's
PIONEER
THE VANILLA PREPAID MASTERCARD® IS ISSUED BY PEOPLES TRUST COMPANY PURSUANT TO LICENSE BY MASTERCARD INTERNATIONAL. MASTERCARD AND THE MASTERCARD BRAND MARK ARE REGISTERED TRADEMARKS OF MASTERCARD INTERNATIONAL INCORPORATED. THE VANILLA VISA® PREPAID CARD IS ISSUED BY PEOPLES TRUST COMPANY PURSUANT TO LICENSE BY VISA INT. VANILLA PREPAID PRODUCTS ARE DISTRIBUTED BY INCOMM CANADA PREPAID, INC.
RETAILER LOCATIONS MAY VARY BY PROVINCE.
INCOMM
CANADA

Giving Tuesday taps into true spirit of the holidays

Suffering from a shopping hangover?
The perfect cure could be giving back via a new philanthropic movement

PHOEBE HO
for Metro in Toronto

Black Friday and Cyber Monday are all about getting, while Giving Tuesday is all about giving something back to your community. GETTY IMAGES FILE

In addition to Black Friday and Cyber Monday, yet another popular U.S. initiative has crossed the border.

After a weekend of door crashers and tempting deals, Canadians will see the launch of its non-commercial counterpart Giving Tuesday, a day devoted to philanthropy and is described by the site as the "Opening day of the giving season."

The U.S. initiative, created by New York's 92nd Street Y and supported by the United Nations Foundation, has already seen immense success, attracting over 2,500 partners to take part in its first year. Now, a group of Canadian organizations are hoping to build on that momentum.

CanadaHelps president and CEO Marina Glogovac, one of the 15 founding partners of Canada's Giving Tuesday, said the timing of the event was perfect.

"There are different months in Canada focused on different charitable sectors," said Glogovac. "But in terms of consumer awareness, I think it's a good day to kind of add something that says we shop, we get deals, we spend money to get what we want, and we also should remember that we should give back."

Mainly promoted through social media over the summer, the grassroots movement has taken on a life of its own. So far, over 1,000 charities, partners, and organizations have already signed on to participate in its first year.

Social media movement

A day that's good for the community

Giving Tuesday was a no-brainer for Big Brothers Big Sisters of Canada, one of over a thousand charities and organizations that have joined the movement.

For years, BBBSC has helping children find positive role models in the community. Sandra Downey, director of business development and communications from its Toronto branch, said Giving Tuesday was the perfect fit for their organization.

"I see on their website it says: There are two days that are good for the economy, and now we have a day that's good for the community. I love that quote," she said. "It's using social media as a vehicle to help organizations such as ours ask for donations at a time of the year where people tend to want to be giving back."

METRO

HR knows if you've been bad or good at the office party

Management is gonna find out who was naughty or nice at the holiday shindig. Don't be the drunk Santa at your office party this year. MATT CARDY/GETTY IMAGES FILE

'Tis the season of the office holiday party, a time when the combination of awkward mingling with co-workers plus alcohol creates a social minefield.

But, experts say, one faux pas can easily turn bad behaviour into a legal mess for employers and employees.

When the booze flows freely so can trouble.

Court records are filled with examples of people sexually harassing co-workers and making inappropriate or racist comments at parties. Alcohol is often involved.

Aside from excessive drinking, the most common problem scenario that likely arises from office holiday parties is sexual harassment, says employment lawyer Daniel Iny, though he concedes the two are not mutually exclusive.

Employees are still bound by workplace policies, even at after-hours parties, Iny points out.

"I don't think a holiday party gives an employee carte blanche to do or say things that would never be tolerated in the workplace, nor does it give an employer the same right," says Iny.

"An employee can be disciplined in my view for conduct that occurs at a holiday party."

Employment lawyer Inna Koldorf says the best bet is to conduct yourself as if you were at work.

"It's not like they're watching their every move, but management is watching their behaviour," Koldorf says. THE CANADIAN PRESS

Be good for goodness's sake

The Human Rights Tribunal of Ontario in 2011 upheld the dismissal of an employee at a plastics company after he got drunk at the company holiday party and harassed his supervisors and made sexually inappropriate comments and physical threats to his fellow employees and their spouses.

BLACK FRIDAY EVENT!
COME IN AND ENTER TO WIN A $100.00 GIFT CERTIFICATE FOR BOW VALLEY JEWELLERS
COME CELEBRATE WITH THE TEAM AT BOW VALLEY JEWELLERS IN DOWNTOWN BOW VALLEY SQUARE, AN AUTHORIZED PANDORA RETAILER.

NOV. 29 AND DEC. 2 ONLY
GOLD CHAINS, DIAMOND AND GEMSTONE JEWELLERY
15% OFF
TISSOT'S
50% OFF
CITIZENS
(EXCLUDING SIGNATURE COLLECTION)
30% OFF
SWAROVSKI JEWELLERY AND FIGURINES
25% OFF
(SALE EXCLUDES ALL PANDORA PRODUCTS)

BOW VALLEY Jewellers
YOUR SOURCE FOR CANADIAN DIAMONDS
Downtown Bow Valley Square
403-234-0888
#122-205-5 Ave S.W.Calgary, AB
bowvalleyjewellers@telus.net

Offer ends December 2

fido

Hurry in for our Black Friday Sale

Samsung Galaxy S III Mini

~~$100~~ $0

HTC Desire

~~$150~~ $0

Nexus 4

~~$150~~ $50

with a 2-year Tab24 agreement on a Standard plan[1]

Make the most of your phone with this great plan:

- **Unlimited** Messaging[2] (international Text, Picture and Video messages)
- **Unlimited** weekends and evenings from 5 p.m., Canada-wide[3]
- 400 MB of data[4]
- 400 Canada-wide daytime minutes[3]
- Call Display and Voicemail[5]

$39 per month[6]

Includes the Fido ADVANTAGE

Fido Check-In • LiveANSWERS™ • FidoDOLLARS™ • Tab24

NEW

It's time to switch. Visit a store, call 1-866-301-3436 or go to fido.ca.

FIDO STORES

275 Shawville Blvd., Calgary
Chinook Centre, Calgary
Deerfoot Outlet Mall, Calgary
Market Mall, Calgary
Marlborough Mall, Calgary
Northland Village Mall, Calgary
Pacific Place, Calgary
Southcentre Mall, Calgary
Sunridge Mall, Calgary
Park Place Shopping Centre, Lethbridge
Medicine Hat Mall, Medicine Hat

FUTURE SHOP · Walmart · BEST BUY · WIRELESSWAVE · Tbooth wireless · COSTCO WHOLESALE · WIRELESS etc... · MOBILE · LONDON DRUGS · THE MOBILE SHOP (Exclusively where President's Choice® products are sold.)

Offers subject to change without notice. Taxes extra. **1.** With new activation on a 2-year Tab24 agreement on a Standard plan. Device Savings Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. Taxes extra. **2.** Plans include messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. **3.** Airtime includes calls from Canada to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). **4.** Additional data: $5 /250 MB, charged in $5 increments. Visit **fido.ca/roaming** to learn more about data roaming pay-per-use rates. **5.** Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. **6.** Standard plans available monthly or with a 2-year Tab24 agreement. Data is a monthly service with Standard plans. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. © 2013

SHOW SOME POST-FLOODS LOVE

High Plains Drifter

James Callsen
calgary@metronews.ca

For close to 100 years, the Calgary Zoo has been a mainstay of our city.

It not only is a fun, fascinating place, but the zoo has been a major tourism draw for our city for years.

There's nothing like it in Western Canada, in pedigree or facility. The zoo has been a quiet (and sometimes not-so-quiet) tourism backbone of our city and now it's time for us to show it some love.

The zoo was one of the hardest hit during the June floods. Animals had to be rescued via canoe, the entire South American building had to be demolished and its operating hours and revenue were greatly scaled back, putting it into jeopardy.

Now, just in time for one of their biggest events of the year, Zoolights, the Calgary Zoo has been thrown open for business and it needs our help.

I'll admit, it's been a long time since I've made my way down to St. George's Island for a day at the zoo — winter or summer.

I've always had something better to do, or didn't feel like I needed to see anything.

I never walked with the penguins or went around to see any of the new baby animals that seemingly turn up every few months. The zoo was always just ... the zoo. Always there. Not going anywhere … or at least so I thought.

However, after the floods, we first rushed out to support and help our neighbours.

Then it was getting all of the affected small businesses up and running through some incredible initiatives. Now, as the floodwaters have long receded and many of the reminders of those days are behind us and out of sight, we need to remember significant parts of our city still smarting. And the zoo is one of them.

The Calgary Zoo has provided so much value to Calgary. Not just in bringing in tourists from near and far, but it holds a place in our childhood discoveries: in our collective memories of holding hands with someone special while sipping hot chocolate at Zoolights, or the fun, scary and exciting nights had at Boo at the Zoo. All of those fantastic memories might not be possible without a world-class facility like the zoo.

So from chilly winter nights under the lights to hot sunny days basking in the glory of the wild kingdom, let's support our friends, neighbours and teachers at the Calgary Zoo.

The Calgary Zoo

Now, as the floodwaters have long receded and many of the reminders of those days are behind us and out of sight, we need to remember significant parts of our city still smarting. And the zoo is one of them.

ZOOM

Just chilling out

ROMAN GOLUBENKO/SOLENT NEWS

Mother and baby sea otter relax

A baby sea otter catches a nap on its mother as they float together on a ice-cold lake. The animals can be seen relaxing on their backs near the Kenai Peninsula in the Gulf of Alaska. Photographer Roman Golubenko, from North Bergen, N.J., travelled to Alaska to snap the adorable creatures. **METRO**

Photog goes far to snap animals

Sea otters live in secluded spots away from human contact, so Golubenko had to hire a small boat and venture into the remote Alaskan glacier fjords to find them.

"The otters probably feel safe from all the humans who can't seem to reach them," observes Golubenko. **METRO**

Behind the lens

"Pups ride on their mothers for the first six to 15 months. They can float, but cannot swim, which keeps the mom busy."

Roman Golubenko, 48, nature photographer from North Bergen, N.J.

One pair 'looked like a couple'

Taking his photos, Golubenko couldn't help but be touched.

"One of the funniest moments was when I saw two otters who looked like a couple. They were lovingly taking care of each other and they turned to me as if in a family portrait — one of the most tender moments I've seen among the cute creatures." **METRO**

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's a familiar lament that Netflix users in the U.S. have a much wider selection than Canadian subscribers enjoy. Luckily, there are a few ways around it, though be advised that these shenanigans technically break the Netflix terms of use.

CONTRIBUTED

Media Hint:

A free plug-in for Chrome and Firefox, Media Hint is a DNS redirect that disguises your previously unworthy Canadian computer as a deserved American machine. Unfortunately, that restricts you to the U.S. service, which means content on the Netflix Canada will be unavailable. Which brings us to...

Unblock-us.com:

A DNS redirect similar to Media Hint, at a cost of five dollars a month. That cost gives you one excellent feature that elevates it above Media Hint, however — the ability to choose which country's Netflix service you feel like planting your flag in that day. Pair it with a website like Moreflix, a search engine that lets you know what movies and shows are available on each country's service, and you gain access to an actual world of content.

Twitter

@metropicks asked: Canada banned marijuana for political reasons, without scientific evidence. A report commissioned by Pierre Elliott Trudeau in 1969 recommended decriminalizing possession. Do you think it should be legalized?

@ArtistMiesje: I agree with @SensibleBC it's time to change these outdated laws for so many reasons

@EdlundEric: if it is legalized the govt can regulate and tax it this taking 1 source of income away from criminal orgs

@jacobisdead: yes

@tpjmccarthy: Yeah, we need more Cheech's and Chong's..Legalize iy..Lol

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Calgary** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Blaine Schlechter • **Distribution Manager** David Mak • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO CALGARY** Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca • **Letters to the Editor:** calgaryletters@metronews.ca

Teen idol turned action star's sudden death shocks Hollywood

Paul Walker. Actor who rose to fame in the 1990s was best known for his Fast and Furious franchise

NED EHRBAR
Metro World News in Hollywood

Paul Walker, 40, is survived by his 15-year-old daughter, Meadow. THE ASSOCIATED PRESS

To the world, Paul Walker was best known for his bright blue eyes and blonde hair. His squeaky-clean all-American good looks made him more than just memorable in his breakout role as Skip Martin in 1998's Pleasantville.

In 1999, he continued to woo the young contingent of filmgoers with roles in classic '90s teen movies like Varsity Blues and She's All That. And over the last decade, his name had become synonymous with the Fast and Furious franchise.

Sadly, the 40-year-old actor's life was cut short on Saturday afternoon in Los Angeles, where he died in a car crash.

At the time, he was attending a fundraiser in the community of Valencia to benefit the victims of Typhoon Haiyan.

"It is with a truly heavy heart that we must confirm that Paul Walker passed away today in a tragic car accident while attending a charity event for his organization Reach Out Worldwide," a statement on his Facebook page read.

"He was a passenger in a friend's car, in which both lost their lives."

Walker's fame rose with a string of hits in the late 1990s, before he took his place alongside Vin Diesel as the lead in the Fast and Furious franchise in 2001.

The seventh instalment of the franchise had begun shooting in September, with a planned release date of July 2014.

Walker's friend and business partner, Roger Rodas, also died in the crash. Rodas was driving a red Porsche and reports say the car was travelling at high speeds when it hit a tree, slammed into a streetlight and then burst into flames.

Rodas' high end auto shop, Always Evolving, was hosting the charity event.

According to Radar Online, the crash happened so close to the fundraiser that attendees could hear the impact. Tragically, one of the witnesses who rushed to the scene to help was reportedly Rodas' eight-year-old son.

"I ran over afterwards, I was trying to find Roger's son," eyewitness Jim Torp told the New York Daily News. "I found out his son had jumped the fence and gone over, he was trying to get his dad out. Paul Walker's best friend was trying to get Paul out of the car while it was still on fire … he was trying to save his friend … there was nothing he could do."

Walker's Fast and Furious co-star Diesel on the weekend posted on Instagram: "Brother I will miss you very much. I am absolutely speechless. Heaven has gained a new Angel. Rest in Peace."

Walker is survived by his 15-year-old daughter, Meadow, who had recently moved to Los Angeles to live with him after living with her mother in Hawaii.

Walker's most memorable film roles

The Fast and The Furious (2001): The one that started it all, featuring Walker as an undercover cop who gets caught up in the underground street-racing racket he's investigating.

Fast Five (2011): The street-racing franchise's revitalization has been one of Hollywood's more impressive recent success stories, with the fourth, fifth and sixth films earning acclaim and huge numbers at the box office. The fifth entry, set in Brazil, is the best of the bunch.

She's All That (1999): This "Pygmalion set in high school" romantic comedy is perfect specimen of '90s teen culture. Walker goads Freddie Prinze Jr. into seducing frumpy art student Rachael Leigh Cook and turning her into a prom queen.

Pleasantville (1998): Walker's good looks served him well as an innocent 1950s teen who has his eyes opened by Reese Witherspoon's more liberated modern-day girl.

Into the Blue (2005): A true guilty pleasure. Walker and Jessica Alba star as salvage divers caught up in a fight over a sunken cocaine shipment and spend most of the film in bathing suits.

WITH FILES FROM METRO NEW YORK AND METRO TORONTO

NEED A RIDE?
Read metrodrive every Wednesday.

Notice of Hearing for Permanent Guardianship Order To

Collin Anderson

Take notice that on the **11th day of December, 2013 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order** of your child born on **February 2, 2011**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978

LESS THAN 40 HOMES READY
For Move in Before Christmas!

Visit us online to view all of our quick possession homes available in 15 communities

EXCEL HOMES
CELEBRATING 25 YEARS IN 2013

Weston in Sunset Ridge

Follow us
excelhomes.ca

SCENE

Alexa Davalos in a scene from Mob City. DOUG HYUN/TNT/THE ASSOCIATED PRESS

Snappy patter and tough dames: Mob City evokes film noir classics

TV. Alexa Davalos says she happily donned seamed stockings and garters to appear in a series about post-Second World War L.A.

Alexa Davalos has handled her share of rough-and-tumble action in movies including The Chronicles of Riddick, The Mist and Clash of the Titans.

But in TNT's new series Mob City, the actress takes on the sophisticated nuances of film noir, in which come-hither glances and snappy patter are as key as the gunfire.

Davalos plays Jasmine Fontaine, a woman trying to keep her footing in a post-Second World War Los Angeles that's the dangerous turf of mobsters including Ben "Bugsy" Siegel (Ed Burns) and Mickey Cohen (Jeremy Luke), and the police waging war against them.

The drama series from writer/director Frank Darabont (The Walking Dead, The Shawshank Redemption), which debuts Dec. 4 for a three-week run, enthralled Davalos from the moment she read the first script.

It's evocative of such classic noir films as The Big Sleep and Double Indemnity, and so is the Paris-born Davalos' performance, which recalls sultry, tough-dame turns by Lauren Bacall and Barbara Stanwyck. The 31-year-old actress discussed the genre and her character in a recent interview.

Did you have a passion for the noir genre before doing the series?

My grandfather is an actor (Richard Davalos, East of Eden), so I grew up watching all the films from that time period. I've always felt like I was born in the wrong era.

How would you describe your character, Jasmine?

She's a woman of that specific generation and all that entails. During the war, we know that women took on a lot of men's roles, and when the war ended and men came back, women were sent into a different space. I feel like Jasmine held on to that taste of individuality that she had.

The period costumes are beautiful. Were they fun to wear?

I miss it. I miss the garters, I miss the stockings, I miss every little element. I was given the choice, do you want to wear pantyhose, and I said no, no, no. I want to do the whole thing, top to bottom, the seamed stockings and all. Our costume designer, Gigi (Giovanna Ottobre-Melton), is an out-of-control wonder, and she tailor-made things for me, cut patterns from the 1940s and did it herself.

What do you look for in a role, and did you worry about being typecast as a sci-fi or fantasy actor early on?

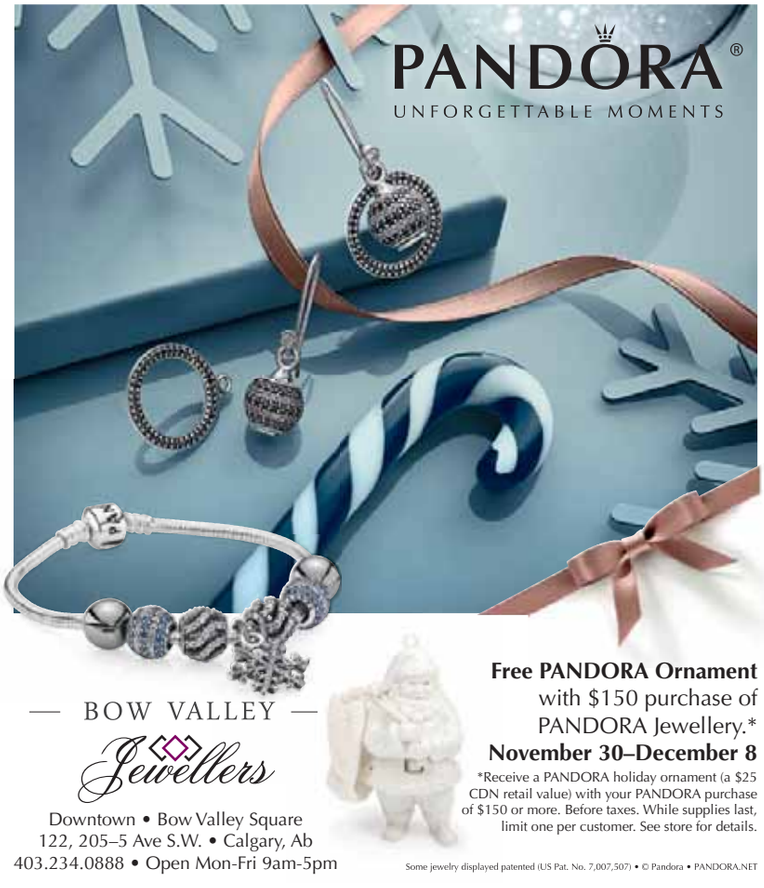
We all do a few things that you kind of look back on and think, no one will remember that; that will be fine. It's being young and finding your way with everything. The older I get, for me it's about fear. If I read something and it scares the hell out of me, that's what I want to do. If it's a challenge and a massive risk and I'm going out on a limb ... those are the ones I want. And they are few and far between. I don't work very much because I'm very specific about what I want to do.

What other projects have you done recently?

I did a little film called Nina, a small role. I played a French girl who was a nurse to Nina Simone. Zoe Saldana plays Nina.

What music do you listen to?

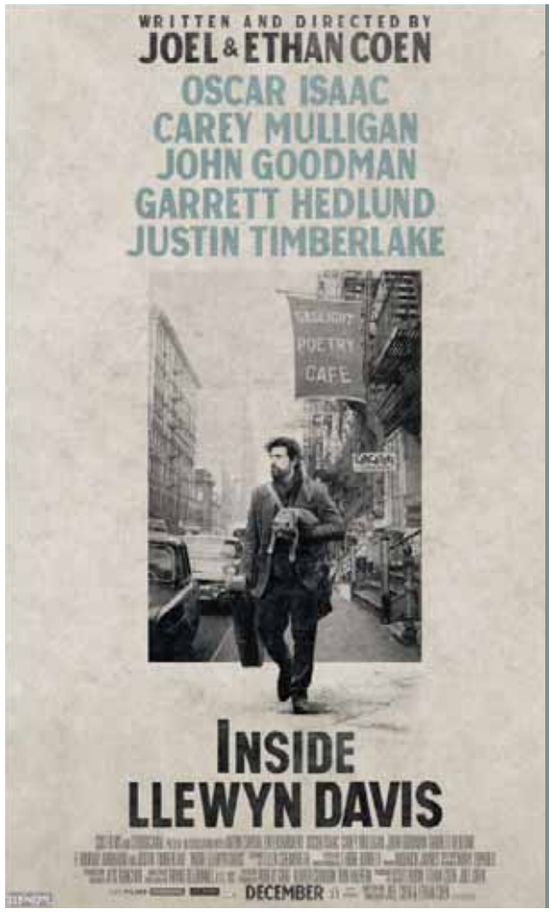
Sidney Bechet. I'm an old-timey gal. I have my grandad's record collection, which I treasure, and my father's — The Rolling Stones to Sidney Bechet. THE ASSOCIATED PRESS



— BOW VALLEY —
Jewellers
Downtown • Bow Valley Square
122, 205–5 Ave S.W. • Calgary, Ab
403.234.0888 • Open Mon-Fri 9am-5pm

Free PANDORA Ornament
with $150 purchase of
PANDORA Jewellery.*
November 30–December 8
*Receive a PANDORA holiday ornament (a $25 CDN retail value) with your PANDORA purchase of $150 or more. Before taxes. While supplies last, limit one per customer. See store for details.

Some jewelry displayed patented (US Pat. No. 7,007,507) • © Pandora • PANDORA.NET



You could
WIN
passes
to see
INSIDE LLEWYN DAVIS
Visit clubmetro.com to enter
VISIT clubmetro.com TO ENTER

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

CBC
is
Your Home for the Holidays

2013 Holiday Program Guide

Go to **cbc.ca/holiday** for our full schedule.

CBC

December

Nov. 24	**7:30 pm**	Merry Christmas Mr. Bean
Mon. 2	**9 pm**	Stars on Ice 2013
Sat. 7	**7 pm ET**	HNIC - Toronto @ Ottawa
	7 pm ET	HNIC - Buffalo @ Montreal
	7 pm ET	HNIC - Winnipeg @ Tampa Bay
	10 pm ET	HNIC - Calgary @ Edmonton
Sun. 8	**8 pm**	Toy Story 3
Mon. 9	**8 pm**	Elf
Tues. 10	**8 pm**	This Hour Has 22 Minutes Holiday Special
Wed. 11	**8 pm**	Dragons' Den Holiday Special
Thurs. 12	**8 pm**	Miracle on 34th Street (1994)
Fri. 13	**8 pm**	Season of Song: Canadian Tenors and Friends
	9 pm ET	HNIC - Edmonton @ Vancouver
Sat. 14	**7 pm ET**	HNIC - Dallas @ Winnipeg
	7 pm ET	HNIC - Chicago @ Toronto
	7 pm ET	HNIC - Montreal @ NY Islanders
	10 pm ET	HNIC - Boston @ Vancouver

Steven and Chris
Holiday episodes
December 9th to 20th at 2 pm

Sun. 15	**7 pm**	Rudolph
	8 pm	The Santa Clause
Mon. 16	**8 pm**	How the Grinch Stole Christmas
	8:30 pm	The Magic Hockey Skates
	9 pm	Holiday Festival on Ice
Tues. 17	**8 pm**	Canadian Country Music Association: Home for the Holidays
Wed. 18	**8 pm**	The Santa Clause 2
Thurs. 19	**8 pm**	The Santa Clause 3
Fri. 20	**8 pm**	Home Alone
Sat. 21	**7 pm ET**	HNIC - Detroit @ Toronto
	7 pm ET	HNIC - Montreal @ Nashville
	10 pm ET	HNIC - St. Louis @ Edmonton
Sun. 22	**4 pm**	The Snowman and the Snowdog
	4:30 pm	The Snowman
	7 pm	Mickey's Christmas Carol
	7:30 pm	Frosty the Snowman
	8 pm	National Lampoon's Christmas Vacation
Mon. 23	**6:30 pm**	Frosty Returns
	7 pm	Rudolph (encore)
	8 pm	A Christmas Story

* Check Local Guides. Christmas Day programming varies by region.
Schedule subject to change. Check local listings.

Tues. 24	**6:30 pm**	The Snowman and the Snowdog
	7 pm	Season of Song: Canadian Tenors and Friends
	8 pm	Scrooge
	11:30 pm	George Stroumboulopoulos Tonight Christmas Eve Special

CBC radio one
CBC radio 2

Deck the halls with festive music and programming December 24 and 25.

Starting at 5pm on CBC Radio 2, and 8pm on CBC Radio One.

For local radio frequencies, please visit **cbc.ca/frequency**

~ Christmas Day ~

Wed. 25	**10 am**	Disney Parks Christmas Day Parade
	12 pm	Season of Song: Canadian Tenors and Friends
	1 pm	Booky & the Secret Santa
	3 pm	Goose on the Loose
	5 pm	Lassie
	5 pm	George Stroumboulopoulos Tonight Christmas Eve Special (encore - Toronto and Vancouver only)
	7 pm	Frosty the Snowman
	7:30 pm	Frosty Returns
	8 pm	Miracle on 34th Street (1947 Classic)
	11 pm	Season of Song: Canadian Tenors and Friends
Thurs. 26	**8 pm**	Holiday Festival on Ice (encore)
	9 pm	CCMA: Home for the Holidays (encore)
Fri. 27	**8 pm**	Happy Feet
Sat. 28	**7 pm ET**	HNIC - Boston @ Ottawa
	7 pm ET	HNIC - Montreal @ Tampa Bay
	10 pm ET	HNIC - Philadelphia @ Edmonton
Sun. 29	**5 pm**	Pirates of the Caribbean III: At World's End
	8 pm	Up!

~ New Year's Eve ~

Tues. 31	**4 pm**	2013 Maple Leafs vs Red Wings Alumni Showdown™
	7 pm	This Hour Has 22 Minutes Holiday Special (encore)
	8 pm	Royal Canadian Air Farce New Year's Eve Special
	9 pm	Gerry Dee New Year's Eve Special
	11:30 pm	George Stroumboulopoulos Tonight New Year's Eve Special
Jan. 1	**1 pm ET**	Bridgestone NHL Winter Classic® Toronto @ Detroit
	4 pm	Road to the Olympics

CBC Music provides the perfect soundtrack to your holiday celebrations with 2 new web radio stations on **CBCMusic.ca**

Seasonal Favourites

Pop favourites for the holiday season from Michael Buble, Frank Sinatra and many more.

Classical Holidays

The perfect holiday mix for classical fans. From The Messiah and the Nutcracker to Bach's Christmas Oratorio.

CBC

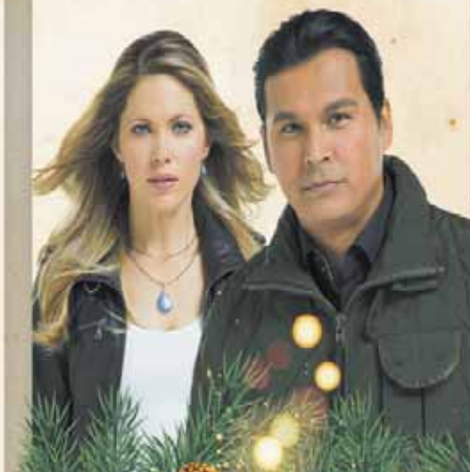
PREMIERE WEEK STARTS

JANUARY 5th on CBC

Sundays at **8**pm
Four Rooms

SERIES PREMIERE
Sunday at **9**pm
The Best Laid Plans
Continues Mondays at 9pm

Tuesdays at **9**pm
Arctic Air



SOCHI2014
OLYMPIC WINTER GAMES

FEBRUARY 6 - 23, 2014

YOUR OLYMPIC NETWORK

cbc.ca/olympics | @cbcolympics

Dramatic pause. Sherlock's return isn't so elementary

It was, perhaps, the greatest mystery of our time: When would the BBC's Sherlock return to the airwaves?

The addictive show has always been maddeningly casual about continuing its saga. You'd think, given that each season is only three episodes long, that stars Martin Freeman and Benedict Cumberbatch and showrunner Steven Moffat would be able to fit it into their busy schedules.

However, that has not proven to be the case. Three years elapsed between the first two seasons, and though production began on the third way back in March, no release date was announced.

The delay was particularly torturous because of the way series two (ooh, look how British I get when I talk about Sherlock, calling seasons "series") ended: with Sherlock Holmes' apparent suicide. How will the show get out of that one? We've been waiting since 2012 for the answer, and on Jan. 1, 2014, we'll find out.

Benedict Cumberbatch in Sherlock, a series that likes to keep fans on tenterhooks. CONTRIBUTED

The BBC made the long overdue announcement with some flair, at least: a hearse, bearing flowers reading Sherlock 01/01/2014, was spotted driving around London last week, and the BBC later confirmed a New Year's Day return date — in England, at least.

On this side of the Atlantic, it won't air until Jan. 19. I guess "Also 1/19/2014 in North America" wouldn't fit on the hearse. MELINDA TAUB/ METRO WORLD NEWS IN NEW YORK CITY

Review

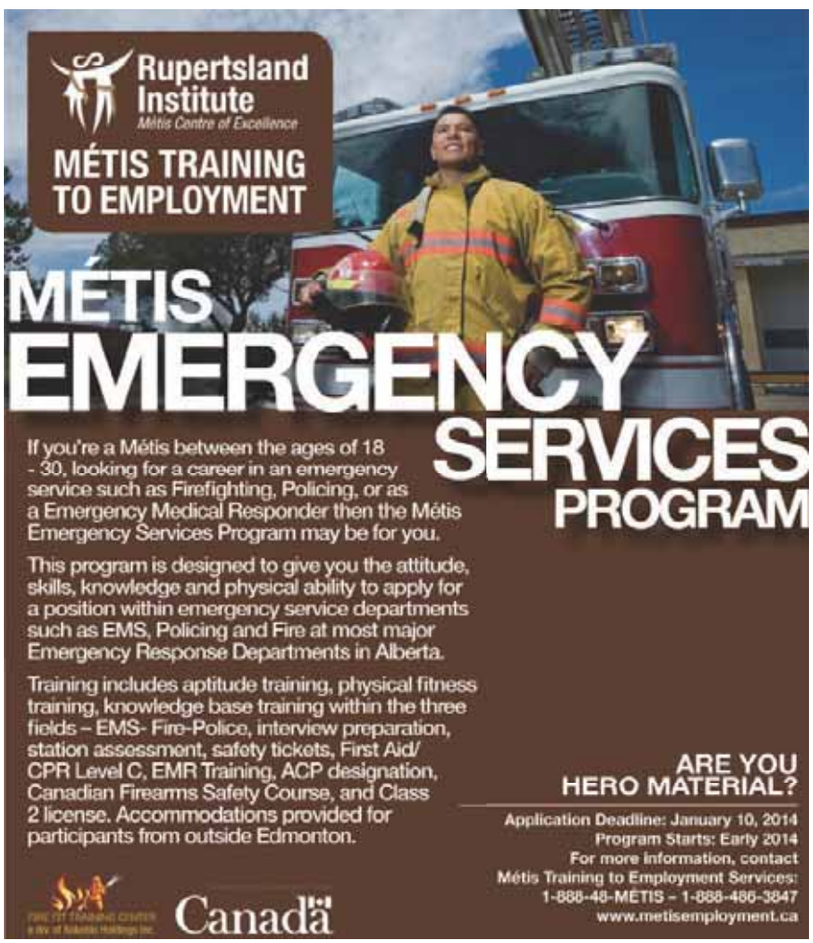
The Book Thief: Enhanced Movie Tie-in Edition

By Markus Zusak

Kindle/iBooks

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

During a life made arduous by Nazi rule, a girl uses stolen books to tell her tale. It's an unflinching account, very coarse in detail, but surprising in its warmth. This special edition weaves clips from the film into its pages, without being intrusive, and has a rewarding Q & A with author Markus Zusak waiting at the end.


Rupertsland Institute
Métis Centre of Excellence
MÉTIS TRAINING TO EMPLOYMENT
MÉTIS EMERGENCY SERVICES PROGRAM
If you're a Métis between the ages of 18 - 30, looking for a career in an emergency service such as Firefighting, Policing, or as a Emergency Medical Responder then the Métis Emergency Services Program may be for you.
This program is designed to give you the attitude, skills, knowledge and physical ability to apply for a position within emergency service departments such as EMS, Policing and Fire at most major Emergency Response Departments in Alberta.
Training includes aptitude training, physical fitness training, knowledge base training within the three fields – EMS- Fire-Police, interview preparation, station assessment, safety tickets, First Aid/ CPR Level C, EMR Training, ACP designation, Canadian Firearms Safety Course, and Class 2 license. Accommodations provided for participants from outside Edmonton.
ARE YOU HERO MATERIAL?
Application Deadline: January 10, 2014
Program Starts: Early 2014
For more information, contact
Métis Training to Employment Services:
1-888-48-METIS – 1-888-486-3847
www.metisemployment.ca
Canada

FREE TUITION FOR ONE YEAR
We'll give you $7,500 towards your tuition costs for the next year.
Enter Today!
www.scholarshipscanada.com/lucky
SCHOLARSHIPSCANADA.com

Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila Kunis pregnancy rumours continue to swirl

Mila Kunis and Ashton Kutcher have been sparking pregnancy rumours lately, with Kunis wearing suspiciously baggy clothing and Kutcher having less patience than usual with the paparazzi. "They want to have a baby now, and it's far more important to them than getting married," a source tells Radar Online.

And at least one thing is for sure: That baby will be Jewish.

"Even if (Ashton) doesn't fully convert, he's very much into the idea of having little Jewish babies," the source says, adding that the topic is very important to Kunis' family. "Think Coney Island-style Russian immigrants," the source says. "They want Jewish babies, and Mila wants to give them to her family. Tradition is very important to her."

Sharon Osbourne.

Osbourne doesn't know the meaning of overshare

Sharon Osbourne freely admits that she's had "a lot" of plastic surgery, as she revealed during an appearance on Graham Norton's talk show recently.

So what was her most painful surgical experience?

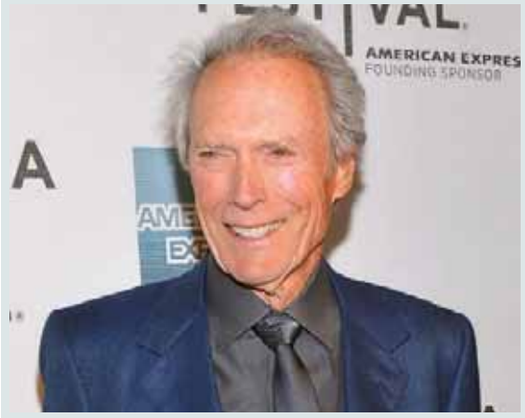
"Having my vagina tightened," Osbourne says of the procedure.

"It was just excruciating."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Clint probably told him to 'get off my lawn'

STARGAZING
Malene Arpe
scene@metronews.ca

Clint Eastwood's daughter is getting an annulment of her Las Vegas marriage to Jonah Hill's brother. She decided she would rather date Ben Stiller's cousin while her groom is more interested in hanging out with Meryl Streep's daughter's friend's aunt.

Fergie says she chose the name Axl for her baby after a dreaming about a festival where Bob Marley, Jim Morrison and Axl Rose were playing. And what is wrong with "Bob" and "Jim?"

Vin Diesel teases that Ang Lee will direct him in the Kojak movie. That explains the working title Who Loves Ya, Scary Tiger?

Jessica Biel tells the Internet to calm down after concern that she wasn't attending the AMAs with husband Justin Timberlake. "Take it easy," she said. "I'm at home in my tattered sweatpants eating 22 donuts while Justin is having fun doing whatever he wants. It's all good."

Kanye West asks us not to buy any Louis Vuitton products to protest that the company wasn't interested in his designs. I'm always up for a good boycott, so I sincerely hope Kanye's next fight is with Walmart and Buddy's House of Dented Cans.

There is more grief over the death of the dog on Family Guy than over Clay's death on Sons of Anarchy and Carter's death on Person of Interest. It's exactly like that time when nobody cared I got punched in the face for inadvertently providing massive spoilers about fictional characters.

Michael J. Fox.

Fox found himself living in Broderick's shadow

Michael J. Fox admits that early on in his career he almost gave up and moved back home because Matthew Broderick always got the better of him.

"He's usually go in first for auditions, and you'd hear hands shaking. I was always losing jobs to Matthew Broderick," Fox says, according to Page Six. "In 1982 I was desperate to have a job in L.A. I owed money and my phone was cut off. I was selling sections of my sectional sofa. I was ready to go back to Canada and pick up nails on my brother's construction site."

The Broderick problem even extended to Family Ties, the show that eventually shot Fox to fame. "They (initially) wanted Matthew Broderick," he admits.

Justin Bieber.

Bieber busts out another tattoo

Justin Bieber has just about run out of room on his left arm, as the 19-year-old pop star sat for yet another tattoo after a show in Sydney, Australia this weekend.

Bieber posted a photo of himself to Instagram looking none too pleased with the tattooing process as an artist went at his upper arm with a tattoo gun.

"Just got off stage to get tatted," he wrote.

Twitter

@Harry_Styles
I was part of Hanson.

@tyrabanks
So many people rush to love when that person is probably meant to be your friend.

@WhitneyCummings
If all the girls you follow on instagram are private, you should never be a father but chances are you will be one very soon

WANT YOUR HIGH SCHOOL DIPLOMA?
STRUGGLING TO BALANCE SCHOOL & WORK?
We can help!
WORK AT YOUR OWN PACE ACCEPTING STUDENTS 15-19 FLEXIBLE HOURS
WESTBROOK OUTREACH #3, 1002 – 37 ST. SW 403.777.8020
Calgary Board of Education

KOREAN AND JAPANESE FOOD
NOW OPEN E.mart
Open 9am - 9pm (Daily)
Experience the Best Price & Quality
3702 – 17 Ave SW, Calgary AB
Phone: 403 210 5577

Aromatherapy

Lavender makes it better

Moms, I'm pretty sure you've got wipes, diapers, bandages, crayons, snacks, crumbs, mittens, toys, and probably a can opener, a car muffler and a glue gun in that purse of yours.

But you know what else you've got in there? That weird mom-purse smell.

You don't notice it that much except for every single time you are looking for something. You know, like when you're doing the stressful "stir the cauldron" dance to try and find your house keys.

There's a simple, stress free solution that will actually bring you a couple seconds of "aaaaaah" in the middle of, "Mom, where is my juuuuuuuuuuuice?"

Grab a lavender sachet and throw one into your purse.

Lavender is natural and has traditionally been used in aromatherapy to relieve anxiety and promote relaxation. Plus, the calming scent releases when the flowers are crushed — which is exactly what will happen when you are stressfully stirring up the contents of your purse, looking for that elusive car muffler or hockey skate.

That means the more stress you're feeling, the more lavender you'll smell. I know. I'm a genius. **KAT INOKAI, YUMMYMUMMYCLUB.CA**

Exclusively online

Children's Live Theatre. This is going to be just like going to a Weezer concert, right? Find out at metronews.ca/voices. Remember to ask Santa for the bestselling book Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson.

Confessions of a regular mom

Keeping it real.
Ever order pizza on weekends or send you kid to school in pyjamas to avoid a fight? You're not alone

ANNABEL FITZSIMMONS
YummyMummyClub.ca

Sometimes it's OK to order pizza, not the healthy whole wheat crust type either. ISTOCK

Last week I sent my son to school in his pyjamas. It was one of those mornings.

"I don't want to go downstairs. I don't want to eat breakfast. I don't want to brush my teeth. I don't want to pack my backpack. I don't want to get dressed."

When he dug his heels in over changing out of his pyjamas, I asked myself, "Does he really need to put on day clothes?" And I decided it wasn't a fight I was willing to fight. So I put a pair of "proper clothes" in his backpack in case he needed them during the day, and off to junior kindergarten he went.

Let's file this under Things I've Learned In Seven Years of Motherhood: pick your battles.

The situation got me thinking about all the things that happen in our households that no one ever really hears about.

So, in the interest of keeping it real, here are a few things that have been going on in our household lately.

Sometimes, we use bribery.
One Friday night a few weeks ago, we promised our kids a couple of toonies if they had breakfast, played quietly, didn't fight, and didn't come into our bedroom until after 8 a.m. the next morning. For kids who get up at 6 a.m., we thought it might be a pretty tall order for the weekend. But they did it. And the routine has stuck. We paid them that one time and every Saturday they still wait until after 8 a.m. to come into our room.

My house is rarely spotless.
My kids fight. A lot. They fight about who got their vitamins first, who knows how to sing O Canada better in French, who has a nicer teacher. The latest thing is who gets to click in their seat belt first.

My husband and I sometimes push the boundaries, and pay for it.
A couple of weeks ago, we were having a great time at the family bingo night at our kids' school. Until family bingo night turned into total-meltdown-screaming-kicking-tantrum-craziness on the front lawn of the school. Our youngest, not me. Although I almost went there as well.

We order in every Friday night.
We eat healthily most of the time, but on Friday nights we have family movie night and order pizza. And not the whole wheat or spelt crust option either. It's always the same order: pepperoni, mushroom and pineapple. There's nothing I love more at the end of a busy week than knowing I don't have to cook, to prep or to even think about what's for dinner.

The next time you see a happy picture of my family, you'll know it wasn't taken on family bingo night or after a car ride. It may have been taken on a Saturday morning — after I've stayed in bed until 8 a.m. (but before the kids have started fighting) — or on a Friday evening once the pizza's been delivered. And my son might be in his pyjamas.

By the way, that day I sent my son to school in his pajamas? I fully expected him to be wearing his day clothes when I picked him up. But no. He marched right out of his class with his pyjamas still on, smiling the happiest smile ever. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN TO SURVIVE MOTHERHOOD**

Sorry if my kid ruins your kid's Christmas

My kid has been pumped about Christmas since last Christmas.

Her enthusiasm has reached a fever pitch in the past few weeks though, after finding out that many of her relatives will be staying here. That and her "list" — an inventory of the various toys she's seen that she really, really wants.

"We'll think about your list at Christmas and your birthday and times like that when we get you presents," we explain, while stressing that she won't be getting everything from her list, but that we'll use it as a source of inspiration.

Somehow she's come to decide it's her Christmas list, which has us considering the letter to Santa phase.

We opted to take an honest approach to the Santa thing. While passing no judgement on parents who play up the Kris Kringle angle, we're not comfortable indulging in it. We won't go out of our way to make the point, but we're not going to go out of our way to continue the story either.

So, if the kid does ask to loop the Big Guy into her list keeping, we're going to make it clear that nothing changes.

There won't be gifts under the tree marked "from Santa" and she'll be reminded that money isn't unlimited, Christmas is about more than gifts and she shouldn't expect to get everything she wants.

But, man, was that an easier stance last year when the kid spent her days at home with mom and — as a not-quite-three-year-old girl — the line between fantasy and reality was so blurred as to render "real or not" discussions largely useless.

This year, she's much more keenly aware of the difference between make-believe and real. "Daddy, my dog is just a toy, he's not real," she'll say when I ask her stuffed dog if he needs to go outside to pee.

Oh, and she spends 10 hours a week at preschool. With other kids. Who listen to things she says and, often, take them at face value.

Add that to the fact that she takes great delight in correcting people and the odds that my kid will be the one to ruin the Santa story for a class full of three-year-olds are pretty darn close to 100 per cent. **JOE BOUGHNER, YUMMYMUMMYCLUB.CA**

What is your approach to Santa? ISTOCK

Will Stroet along with his wife Kim The and three-and-a-half-year-old daughter Ella live under the same roof with Will's parents Bill and Marion Stroet in Vancouver. JONATHAN HAYWARD/THE CANADIAN PRESS

Many generations under one roof

Living arrangements. Both in TV and in real life, extended families are living together in increasing numbers

With a baby on the way, Will Stroet and his wife, Kim The, realized their two-bedroom condo — which doubled as a work space — simply wasn't going be sufficient.

Fortunately, the couple received an offer that was too good to pass up: an invitation from Stroet's parents, Bill and Marion, to move in.

Their daughter, Ella, is now 3 1/2. Four years since they laid down roots in a duplex in the Vancouver neighbourhood of Kitsilano, they're all still there: grandparents, parents and child, together under one roof.

"It's not only that we have more space, we also have the benefit of having my parents around and they can help with child care," said Stroet, 35, a children's musician and star of Will's Jams airing on Kids' CBC.

"We keep an eye on the house when they're both away. ... They like knowing that there's someone here keeping an eye on things. It's pretty good."

Art has imitated life of late with multigenerational family living providing comedic fodder on TV. The short-lived How to Live with Your Parents (for the Rest of Your Life) featured Ottawa-born Sarah Chalke as a single mom moving back in with her parents following divorce. Freshman sitcoms Dads and The Millers centre on parents who move in with their adult children.

According to Statistics Canada, the 2011 census revealed there were 362,600 multigenerational households among more than 13 million private households across the country. Among them, the middle generation in 60.1 per cent of homes included a couple with children, while 36.5 per cent were lone parents.

There was also an increase in the number of children sharing homes with their grandparents — including living arrangements where a parent may or may not be present. More than 269,000 kids aged 14 and under — or 4.8 per cent — lived with at least one grandparent in 2011, compared to 3.3 per cent in 2001.

In many cultures, the concept of multiple generations of families living together is quite typical and expected, noted Lynda Ashbourne, a family researcher and family therapist.

"There are culturally constructed roles for what the grandparents will do, what the parents will do, who shares in looking after children in the household and who brings in income and works outside of the home," said Ashbourne, an associate professor in the department of family relations and applied nutrition at the University of Guelph.

Where problems may arise is when cultural expectations and ideas about family run counter to what was previously viewed as the norm.

Quoted

"I think everyone benefits from (sharing a home). I know my daughter really loves it, my parents really love it, and honestly, I really like it, too." Musician Will Stroet

"What becomes more challenging is if you've grown up in a culture or family that really kind of privileges or honours the idea of independence and self-sufficiency," Ashbourne said.

Yet for some families, surging costs of housing, child care and the need to be in close proximity to aging or ailing relatives makes the option of sharing a space appealing. And beyond the inherent financial benefit, living in close quarters with members of the extended family is viewed by those who've embraced the concept as a way to further strengthen familial ties.

Stroet said that there is a "communal feel" to sharing a home with his parents. "It's not the sort of feeling that we're in two very separate living spaces. We have our own privacy and everything, but we definitely interact a lot, and certainly a lot more than we would if we were living somewhere else.

"I think everyone benefits from that. I know my daughter really loves it, my parents really love it, and honestly, I really like it, too."

THE CANADIAN PRESS

Who needs the crowds?

Shopping from home.

Online sales continue to rise as people surf for holiday deals

According to a Visa Canada survey, more Canadians will be checking online deals for sales and also avoiding crowds. GOODLUZ/SHUTTERSTOCK

Discounts

- According to a Visa Canada survey, more Canadians will be checking online deals for sales and also avoiding crowds. Almost 50 per cent of Canadians will shell out between $100 to $499 on online shopping. Some 31 per cent will use debit cards, believing it will help them stay on budget.
- An Ipsos Reid survey showed that nearly 44 per cent of Canadian online shoppers are going to take advantage of online discounts, a 10 per cent increase compared to 2012.

Despite the shortest U.S. shopping season since 2002, Adobe predicts record growth for online sales on U.S. Thanksgiving with $1.1 billion (all prices quoted in U.S. dollars) and Black Friday with $1.6 billion, increases of 21 and 17 per cent, respectively.

An Adobe survey done in conjunction with this year's Digital Index Online Shopping Forecast shows that consumers are motivated to shop online primarily by the search for good deals, followed closely by the allure of free shipping. The survey is based on input from 400 consumers who plan to spend at least some of their budget online this year. Survey results and additional predictions from the report include:

Mobile: Mobile optimized retailers will transact more than 20 per cent of their sales via smartphones and tablets, a 47 per cent increase year-over-year. The average retailer can expect only 14 per cent of mobile-driven online revenue, a 40 per cent increase. Mobile devices will be leveraged even while consumers are in a retailer's physical store, with nearly four in 10 consumers reporting that they have shopped online while in a store.

Social media: While Adobe is predicting that only two per cent of purchases will come directly from social media sites including Facebook, YouTube, Pinterest and Twitter, social media continues to play a more significant role earlier in the purchasing journey. About 36 per cent of consumers stated that they will turn to social media when making their purchase decision.

Spending: The majority of consumers expect to spend the same amount in 2013 as they did last year, but online shopping continues to take a bigger share. METRO NEWS SERVICES

'Round the world wisdom

Facing adversity? Laughter gives you wings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Laughter has the power to dramatically help in overcoming adversity.

I was only 15 minutes into my Gobi Desert race, and found myself running through a river-crossed canyon. The hostile landscape consisted of loose rocks the size of baseballs. My eyes were fixated on the ground, as every foot plant bore the risk of rolling my ankle. I felt my first blister forming.

Later, we had to cross the river. Unprepared, I tentatively traversed and fell in. I screamed, livid to be in a river while supposedly running in the desert. I looked to see what had happened to the other runners, and sure enough, I saw my reflection. Most seemed upset, angered at having been put through this. It then hit me. "This is what my race is meant to be about. I'm here to learn how to deal with adversity!" I burst out laughing.

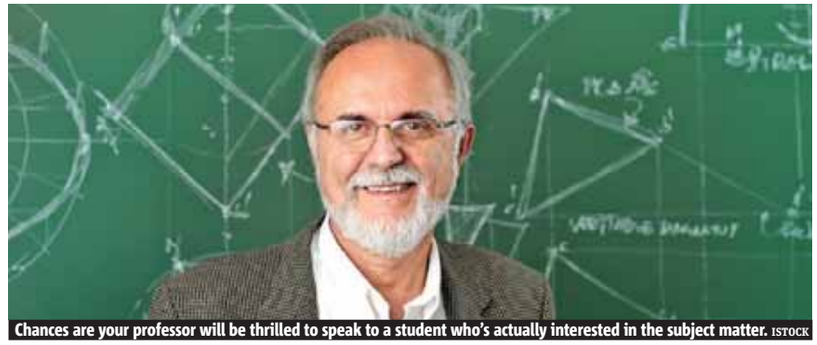
Right then and there I made a promise to myself, one that still persists today: laugh out loud at every unpleasant surprise. From there, I encountered hundreds more obstacles: sand, heat, blisters, pain…and that was just the beginning!

We crossed that same river seven more times that morning. Yet from that moment onward I giggled. Every time I laughed, my pace increased. That day, I managed to pass everyone I could see ahead of me, leaping from the back of the pack to ninth place overall! More important, the physical pain of running was trumped by the laughter: it felt easy.

When you appreciate the humour in life and let laughter in, obstacles assume less power and more opportunity. When have you last tried to counter adversity with laughter?

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Come and knock on our doors



Chances are your professor will be thrilled to speak to a student who's actually interested in the subject matter. ISTOCK

Ask a professor. So what exactly are office hours for anyway?

LEE SKALLERUP BESSETTE
Metro World News

Most students don't take advantage of the time professors set aside for office hours. I know this because I have spent many an afternoon sitting by myself in my office, waiting for students to come and sit and chat with me. And those who do come will timidly knock while apologizing about disturbing me. This is a part of my job, to offer extra assistance to you outside of the classroom when you need it. It's more disturbing to me when my students don't use my office hours.

But office hours aren't just for when you need extra help or explanation about an assignment. Office hours are an opportunity to get to know your professor, to forge a connection with them.

You can use the time to ask them about their research, their experience, or to seek advice about possible majors or career paths.

You never know when you're going to need that letter of reference, and you want to be able to approach professors whom you know and who know you beyond a final grade at the end of the semester.

If you can show up at the beginning of the professor's office hours, do so. If not, it is perfectly ok to come when you can within the posted times. If the posted office hours don't work for you because of your class and/or work schedule, speak to the professor before or after class to explain your situation and see if there is an alternative time when you can meet.

Always remember, we're here to help you on your journey through college and we want to see you succeed. Office hours are one of the ways outside of the classroom that we can help you. But we can't help you if you don't show up.

DR. LEE SKALLERUP BESSETTE HAS BEEN A TEACHING AT THE COLLEGE LEVEL FOR ALMOST 15 YEARS, IN THREE DIFFERENT STATES, TWO COUNTRIES, AND TWO LANGUAGES. YOU CAN FOLLOW HER ON TWITTER @READYWRITING

Follow the leader

Make sure you know where your professors' offices are:

- It is perfectly acceptable at the beginning of the semester to follow the professor back to their office, prefaced with, "I just want to make sure I know where your office is in case I need to come see you during the semester."
- When you do show up for office hours (posted on the syllabus!), make sure you have a clear purpose in mind; this shows initiative and organization skills. It's ok not to understand an assignment, but make sure you come prepared to explain all the things that don't make sense!

Heart&Stroke calendar lottery
WIN
$3,000 EVERY DAY
$10,000 EVERY WEEK
$20,000 EVERY MONTH
4,800x $25 CA$H BACK PRIZES
2014
What do you buy for the 'hardest' person on your list?
"I always find something special." Mary
"Something they have expressed interest in." John
"A ticket to an event we can attend together." Lori
metropolitanpanel.com
Source: Metropolitan Panel Survey; 128 Respondents
Metropolitan Panel
$25 EACH
3 FOR $70
6 FOR $125
Order online at www.heartandstroke.ab.ca/calendar
Call 1-855-478-4382 Ext. 900,
Calgary 403-920-3645 Ext. 900, Edmonton 780-822-2430 Ext. 900
EVERY TICKET HELPS THE HEART AND STROKE FOUNDATION MAKE HEALTH LAST.
HEART & STROKE FOUNDATION
MAKE HEALTH LAST
Please visit www.heartandstroke.ab.ca/calendar or call 1-855-478-4382 for complete rules of play. Tickets may be sold and purchased only in Alberta. Ticket purchasers must be 18 years of age or older. Calendar Lottery Tickets are $25 each (57,599 Tickets available at this price), 3-packs for $70 each (30,187 3-packs for a total of 90,561 Tickets available at this price) or 6-packs for $125 each (28,640 6-packs for a total of 171,840 Calendar Lottery Tickets available at this price). The number of Calendar Lottery Tickets in each price category may change, however the total number of Heart&Stroke Calendar Lottery Tickets for sale, 320,000, will not. All draws will occur at Stride Management Corporation, 39950 - 12 Street NE, Calgary, Alberta T2E 8H9, occurring from January 3rd to January 9th, 2014 at 11:00 a.m. Heart and Stroke Foundation of Canada, Alberta Chapter, Lottery Licence #354240.
™ The Heart&Stroke Calendar Lottery and Heart & Stroke Foundation logos are trademarks of the Heart and Stroke Foundation. © Bank of Canada – bank note images used and altered with permission.

ROBERTSON COLLEGE
Join the success of over 2000 Health Care Aide grads in 2014!
Free Lifetime Learning HCA Workshops included.
Classes start January!
Call 587.331.8101 or www.robertsoncollege.com

CONTRIBUTED

FAMILY HOLIDAY FUN AT THE CONSERVATORY

Start your holiday celebrations with the Mount Royal University Conservatory presents Christmas in Song on Dec. 14 at 7 p.m. at the Jubilee Auditorium.

Celebrating its 25th anniversary, this event includes student ensembles from Conservatory programs, as well as guest artists who perform with these students.

"Christmas in Song is fun, family entertainment," says Sheldon Nadler, MRU Conservatory manager, general and orchestral programs. "It's a great opportunity for the family to go out together and enjoy a Christmas celebration in music."

This year's program will have an international cultural flavour, featuring dance guest artists from the Tryzub Ukrainian Dance Ensemble, the School of the Alberta Ballet, and Flamenco dancer Fiona Malena. Calgary's popular Heebe-jeebees will also perform and MC the show.

"As usual, the show will include our flagship orchestral ensemble, the Calgary Youth Orchestra, along with several Conservatory choirs," Nadler says.

The repertoire is chosen to appeal to a wide variety of audiences and age ranges, including seasonal fare that the whole family can enjoy.

"It is inspiring for young family members to see people their own age performing in a professional concert venue like the Jubilee Auditorium," Nadler says.

Tickets for Christmas in Song range from $10 to $30 and are available by calling 403-440-7770.

The Conservatory offers credit-free instruction in music and speech arts with a variety of classes for adults, from guitar to music appreciation to choral and more.

"Our mission statement says that, at the Conservatory, we nurture the artistic potential in each individual," Nadler says. "Our exceptional faculty is our greatest strength — it is their expertise, creativity and dedication that makes such an approach work."

Registration is now open for winter classes. For more information, please visit mtroyal.ca/conservatory.

STUDY FOR A RISING CAREER

CAD CERTIFICATE AT DIGITAL SCHOOL

According to Digital School Technical Design College, the demand for qualified computer-aided design (CAD) professionals is still on the rise.

"Companies are continually contacting us, looking for qualified graduates, and they don't care when the person started their program," says Brady Sylvester, assistant manager of Digital School. "They just want someone who is trained to do the job."

By enrolling in the six-month computer-aided drafter certificate now, students can graduate by the end of June, and someone starting the 12-month architectural or engineering CAD technician diplomas would be completed by next January

Sylvester says a student at a traditional college, starting in September, won't complete that program until May 2016.

"Employers have positions that need to be filled, and the sooner you can complete your training, the more likely you are to get hired," Sylvester says.

Digital School offers CAD courses that include computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization.

COLOURBOX

Digital School is also offering building information modelling (BIM) training, which is increasingly becoming an industry standard in the future of CAD.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.

ABM COLLEGE

GET JOB READY FAST! Enroll Now.

Become a Health Care Aide in less than 5 Months

- We offer **Alberta Government** approved programs, that lead to a rewarding career
- Funding and employment services available
- Clinical Practicum included
- Flexible class schedules: Mornings, Afternoons, Evenings and Weekends

Hurry! Program starts soon

403.719.4300
Suite 200, 3880 - 29 Street NE, Calgary
info@abmcollege.com **www.abmcollege.com**

Other Programs include:

Medical Lab Assistant • Medical Office Assistant
Pharmacy Assistant • Massage Therapy • Esthetics • Legal Assistant
Business Administration • Accounting & Payroll

OFFSET COSTS WITH ST. MARY'S BURSARIES

While tuition fees tend to rise each year, St. Mary's University College looks to offset these costs by increasingly offering more scholarships, bursaries and awards to support the success of its students.

"What we hear consistently from many award recipients is that the awards made university possible and that without it they would not have been able to attend," says Bob Hann, vice-president student services, St. Mary's University College. "For some students it means they can work less and focus more time on their studies."

Hann says, over the past four years, St. Mary's has provided more than $700,000 in bursaries and scholarships to students, and one in five students will receive financial assistance from the university this year.

This amount is an 80 per cent increase since 2010 and new awards keep this number on the rise.

For 2013-14, St. Mary's has introduced a new academic achievement award — the President's Circle Scholarship.

Students entering St. Mary's directly from high school and enrolling in a full course load with a high school average of 80 per cent or more will automatically receive a scholarship ranging from $1,000 to $2500. Forty-seven new students received the award for the fall 2013 semester.

St. Mary's is always looking for new ways to support its students.

"This year we used some of the proceeds from the annual golf tournament to add three new awards — the Vice-President Academic Scholarship ($1,000), the Vice-President Finance Bursary ($1,000), and the Vice-President Student Services Student Leadership Award ($5,000)," Hann says.

St. Mary's University College offers seven bachelor of arts degrees, a bachelor of education after degree and transferable university courses in 34 academic disciplines.

For more information about the scholarships, bursaries and awards available at St. Mary's or to find out more about the school, visit stmu.ca/discover.

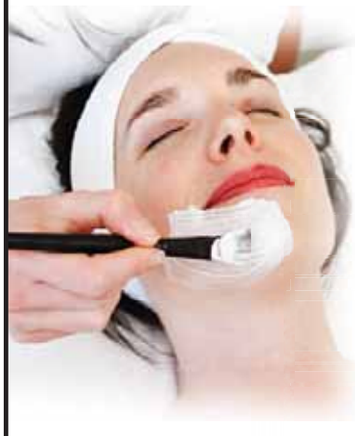
APPLICATIONS

Most St. Mary's awards and scholarships require the submission of an application. These application forms must be submitted to the St. Mary's by the stated deadline and include all supporting documents. A full list awards can be found at stmu.ab.ca.

CONTRIBUTED

ABM COLLEGE

GET JOB READY FAST! Enroll Now.



Become an Esthetician in 6 Months

- We offer **Alberta Government** approved programs, that lead to a rewarding career
- Funding and employment services available
- Flexible class schedules: Mornings, Afternoons, Evenings and Weekends
- Earn while you learn

Hurry! Program starts soon

403.719.4300
Suite 200, 3880 - 29 Street NE, Calgary
info@abmcollege.com **www.abmcollege.com**

Other Programs include:

Health Care Aide • Medical Office Assistant • Medical Lab Assistant
Pharmacy Assistant • Massage Therapy • Legal Assistant
Business Administration • Accounting & Payroll

Cambrooks College
"Unlocking Career Potentials"

Why Choose Cambrooks

HEALTH CARE AIDE
Government of Alberta Approved Program
Start learning today and become a trained professional in 2014!

- Government of Alberta Health Care Aide curriculum
- Training & skills development that focuses on high-quality client care in acute care hospitals, long-term care facilities and the community • Small class sizes
- Hands-on training and valuable experience with our six-week Health Care Aide practicum
- Our flexible program schedule – days, evenings and weekends; half-day classes let you work while you learn
- Continuous intakes all year long • Close to major bus and C-Train routes
- Extremely affordable tuition rates • Laptop program for all registered students
- Potential wages for Health Care Aides $26,500 - $42,200 (*alis.alberta.ca)

Cambrooks College offers career-training and diplomas in the following:

1 - Dental Office Administration
2 - Medical Office Assistant
3 - Administrative Office Management
4 - Massage Therapy
5 - Alberta Basic Security Training
6 - Financial Services

Check out our website for upcoming career development and fast-track workshops!
Cambrooks College has affordable tuition rates for all its courses.

To learn about financial assistance you may qualify for or to speak with a Career Advisor, please contact:
#202, 4015 – 17th Avenue SE, Calgary, AB • T2A 0S8
(403) 452-3694 / Email: info@cambrooks.ca

www.cambrooks.ca

AMBROSE PROVIDES UNIQUE PERSPECTIVES

The large number of provincial and national parks in Alberta and a strong oil and gas industry create numerous job opportunities for individuals interested in a career in biology.

For those who have a love for science, Ambrose University College is offers a four-year bachelor of science biology.

"The small class sizes at Ambrose University College make it possible for the biology program to be very interactive and hands-on, including labs, case studies, and field work," says Dr. Carol Gibbons Kroeker, biology program chair, associate professor of physiology and biology, Ambrose University College.

Students can focus their senior credits to their area of interest with the general, bio-medical, kinesiology, or ecology streams.

"Because Ambrose is a faith-based institution, we can provide the students some unique perspectives in areas like bio-ethics," Gibbons says.

With collaborations from professors and researchers at other institutions (such as U of C), students experience a wide variety of research and teaching opportunities that they wouldn't normally get at a smaller school.

Upon graduation, students may pursue careers in medicine, optometry, dentistry, audiology, and occupational therapy, to name a few.

For more information, visit ambrose.edu/arts-science-programs/biology.

CONTRIBUTED

MONKEY BUSINESS IMAGES/SHUTTERSTOCK

ABM COLLEGE CATERS TO MATURE STUDENTS

The holiday season is a great time to reflect on goals and accomplishments made throughout the year.

It's also time to consider making a move to better yourself and your career.

This will likely be another year in which many mature learners head back to school to change their career and find a new path leading them to a new rewarding and motivating occupation.

ABM College caters to the needs and priorities of mature students and aims to cater to individual needs through flexible course schedules offered in the mornings, evenings and weekends.

The health-care aide, medical office assistant, and accounting and payroll programs are all starting Jan. 6 for the winter semester of the new year at ABM College.

ABM College programs are led by industry and educational professionals, designed to equip students with the academic and practical knowledge essential to enter the workforce as confident and employable individuals.

All ABM College programs have small class sizes and include a practicum placement organized by the college, ensuring students are well-prepared to enter into a new rewarding career.

Learning is a lifelong process and enrolling in college could be the next big step in the right direction.

For more information, please visit abmcollege.com.

NEXT STOP,
COLLEGE.
Academy of Learning Career College prepares students for a future full of opportunity.

TRAIN FOR A NEW CAREER IN ONE YEAR OR LESS!
Health Care Aide
Medical Office Assistant / Unit Clerk
Legal Administrative Assistant
Hotel and Tourism Management
Marketing Coordinator
Payroll Administrator
Business Management
Network Administrator
Web Designer
and more!

Call Today for more information

Academy OF LEARNING CAREER COLLEGE
www.academyoflearning.ab.ca
CALGARY NORTHEAST (403) 569-8973
CALGARY SOUTH (403) 252-8973

AMBROSE UNIVERSITY COLLEGE
Academics
Faith
Community
Travel
Athletics
FAITH INSPIRED LEARNING
UNIVERSITY DEGREES
MINISTRY TRAINING
SEMINARY EDUCATION
www.ambrose.edu
Calgary, Alberta
facebook.com/ambroseuc
twitter.com/ambroseuc
youtube.com/ambroseuniversity

CONTRIBUTED

ZOOM TEAM/SHUTTERSTOCK

CELEBRATE YOUR CAREER ADVANCEMENT.

REALIZE YOUR FUTURE SUCCESS WITH OUR CONTINUING EDUCATION TECHNOLOGY PROGRAMS.

At SAIT Polytechnic, we offer part-time Continuing Education programs in business, energy, leadership and technology to provide you with the professional skill sets that today's employers seek. Celebrate your career path with flexible evening, weekend and online courses taught by experienced instructors.

Upcoming career advancement programs and courses include:
- Electrician Upgrading Courses
- Power Engineering Third Class Certificate of Achievement
- FAST TRACK Database Administrator, Network Technician, Object Oriented Software Developer, Web Developer

Register today at SAIT.ca

BUSINESS • TECHNOLOGY • TRADES

FURTHER YOUR PASSION

SAIT POLYTECHNIC

CREATE YOUR OWN HOLIDAY CREATIONS

MRU FLORAL DESIGN COURSES

Why spend hundreds of dollars on Christmas decorations such as holiday wreaths and centrepieces when you can learn to make them yourself.

For those who love the holidays, MRU floral design classes are the perfect way to get ready for the season and make your own Christmas-themed creations.

"We include the materials in the cost of the course and the student goes home with a finished product that they have made themselves and with the knowledge and skills to create this product again from home," says Charissa Hovdebo, program co-ordinator.

Courses include: Fresh Christmas wreath (Dec. 7); outdoor Christmas container (Dec. 11 and 14); and Christmas table centre and decorations (Dec. 21).

While creating their holiday masterpieces, students will learn about the handling and care of flora, as well as the structure and design of an arrangement, along with the correct tools and cutting techniques involved.

"We also encourage people to bring their own holiday decorations to add to their piece if they so choose," Hovdebo says. "This way they can add the colours that might match their decor or choose items they like."

Christmas-themed courses are not the only themed courses offered at MRU. The school also offers a number of personal interest courses and professional development courses in floral design.

Students can register for Easter blooms in the spring, while fall-themed courses are available for that season.

"These are the type of courses students take out of interest, or to make something for their home, or as a gift for someone else," Hovdebo says. "As well, we offer many courses for professional development to those people working with flowers already or to those that have begun our floral design certificate of completion program."

For more about these courses, visit conted.mtroyal.ca/arts/floral, or mtroyal.ca/conted/register to register.

ABM CONGRATULATES GRADS

COLOURBOX

ABM College recently celebrated the academic achievements of its 2013 health-care aide and medical office assistant graduates.

The Genesis Centre of Community Wellness hosted the ceremony to congratulate the hard work and dedication of the students of the 2013 graduating class.

The event was a celebration of accomplishments, hearing from student speakers and a nominated valedictorian representing the health-care aide and medical office assistant class.

The ceremony was also a platform for the dedicated staff at ABM College to express their pride in the students, accompanied by a number of distinguished guests, including MP Devinder Shory, Calgary-Lougheed MLA Dave Rodney, and Calgary-Greenway MLA Manmeet Bhueller.

With the support of family, friends, college staff, and special guests, ABM College's graduation ceremony was a success, celebrating the achievements of students who have overcome many circumstances to complete their program and confidently enter the workforce.

With programs starting throughout the academic year, ABM College accommodates a variety of students from different backgrounds, ages, and abilities, reaching a diverse audience and providing a well-rounded learning environment for all students and staff.

For more about ABM College, visit abmcollege.com.

COLOURBOX

ENHANCE YOUR LEARNING AT CAMBROOKS

Focused on providing a friendly environment to enhance the experience of its students, Cambrooks College aims to prepare students for Calgary's dynamic job market.

While many of Cambrooks' students come from a variety of different backgrounds, each student will receive the same quality education that prepares them for a global economy.

"The college also provides exciting opportunities for new immigrants to acquire credentials," says Pamela Paul, program manager, Cambrooks College.

Cambrooks College is a post-secondary institution whose programs have been licensed by the Alberta Private Vocational Training Branch of the Ministry of Education.

The college offers diploma and certificate courses in the areas of information technology, business, health, academic upgrading, or English as a second language.

"All our programs are the most affordable in Calgary," Paul says. "Our prior learning assessment and recognition (PLAR) program is the most flexible, efficient and effective in the city."

Cambrooks students will enjoy small classes and individualized attention from instructors invested in the success of the student.

There are four intakes per year at Cambrooks (October, January, March and June) and most programs are offered in the evening, allowing students to maintain daytime employment while attending school.

For more information, please visit cambrooks.ca.

SAIT OFFERS NEW LAND ADMINISTRATOR COURSE

With growing activity in Western Canada and the U.S., and resource plays that span several provinces or states, the need for land administrators to understand the differences in land practices between provinces and states is becoming more critical, says one SAIT Polytechnic official.

To meet this industry need, the new North American land administration certificates (mineral and surface) will provide land administrators with an opportunity to increase their knowledge of land administration in the Western provinces and introduce them to the diversity of land administration in the U.S.

"The certificates would provide a recognition of their additional knowledge geographically, opening up the potential for promotion within their own company and, for those taking the mineral certificate, would provide them with greater access to jobs as a contract analyst," says Eileen Hopkins, program co-ordinator, petroleum land administration, MacPhail School of Energy, SAIT Polytechnic.

The certificates are delivered strictly online and are designed for individuals who are currently employed in this field.

"With the online approach and an open entry registration, the students will be able to take the course that most meets their needs or interests when they want it and move through it as fast as they wish," Hopkins says.

"Courses are activity focused — students will learn invaluable skills in accessing the most current regulations and develop peer-to-peer communication skills completing the activity-based assignments, all online."

Students will learn to review and interpret land contracts and agreements, including leases, transfers, joint venture agreements and other land-related correspondence.

The new certificates will address the differences in mineral, contract, and surface agreements and regulations based on geographic region.

"Due to the level of leasehold activity in the oilsands, building of additional pipelines, and increased activity in tight oil and gas plays, there is a high need for professionals with these specialized skills," Hopkins says. "It is important that these professionals understand emerging industry issues and changing regulatory requirements for all regions."

Registration is now open and is ongoing.

For more information, visit sait.ca or email petroleum.land@sait.ca.

CONTRIBUTED

BACHELOR OF EDUCATION

(Elementary Degree)

The unique, highly supportive and inclusive 2-year Bachelor of Education program at St. Mary's University College will prepare you to be a leader in your career as a teacher in both Catholic and public schools.

Learn more at stmu.ca/teach

ST MARY'S UNIVERSITY COLLEGE

APPLICATIONS NOW OPEN | STMU.CA/TEACH | 14500 BANNISTER RD. SE CALGARY, AB

GET YOUR DREAM CAREER NOW

AT THE ACADEMY OF LEARNING

GOLDEN PIXELS LLC/SHUTTERSTOCK

Forget waiting until next September, or even January, to start your journey towards your dream career. At Academy of Learning Career College, new enrolments take place each week.

"One of the most important and beneficial aspects of Academy of Learning's integrated learning system is how we are able to set aside the notion of semester start dates that are written in stone," says Charles Jarvis, general manager of Academy of Learning Career College. "There's no reason anyone should have to wait until September to get a new start. Life won't wait — why should you?"

Jarvis says a qualified person can walk into an Academy of Learning campus and start a diploma or certificate program the following Monday.

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year in fields that are in demand for both individuals and employers.

Whether it is a career in health care, business, office administration, IT, web design, or accounting, Academy of Learning will have you trained and career ready in less than a year.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

For more information, visit academyoflearning.ab.ca.

digitalschool.ca

THEY CAN'T BUILD IT UNTIL YOU DESIGN IT

DESIGN YOUR FUTURE IN ONE YEAR OR LESS!

- Architectural CAD Technician
- Engineering CAD Technician
- Engineering CAD Technician with Process Piping Specialization
- Computer Aided Drafter
- Online Programs and Courses
- and more!

DIGITAL School
technical design college

1-877-414-0200
#304, 10205-101 STREET, EDMONTON

MOUNT ROYAL UNIVERSITY
1910

You.
Developing human capital

Certified Payroll Manager
Change Management
Conflict Resolution
Human Resource Management
Leadership Development
Management Development
Payroll Compliance Practitioner

Continuing Education
403.440.6875
mtroyal.ca/conted

INFO NIGHT, MAY 28, 5-8 PM

Salad that's hearty enough to stand up to the cold

ROSE REISMAN
For more, visit rosereisman.com
Follow her on Twitter @rosereisman

This recipe serves six. ROSE REISMAN

Ingredients

- 2 1/2 cups low-sodium vegetable stock
- 3/4 cup dried yellow lentils
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions (whole onion)
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced reduced fat feta cheese
- 6 large grilled shrimp

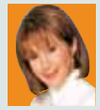
This is a great vegetarian dish without the shrimp since the lentils are a good source of protein. You can also serve it as a side dish to any entree.

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving. Place a grilled shrimp on each serving plate.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Who doesn't love a juicy steak? The cut is what makes all of the difference when it comes to calories and fat though.

Rib Eye Steak (12 oz)

1,049 calories/ 80 g fat
A rib eye steak is marbled with fat but it's oh so good! Too bad it contains an entire day's worth of fat.

Equivalent

One 12-ounce rib eye steak is equal in fat to three Boston Pizza lasagnas.

New York Strip (12 oz)

600 calories/ 16 g fat
The New York strip is lean, just trim the outside fat. It's close to half the calories of the rib eye and an acceptable fat amount that will save your heart!

EASTSIDE KIA .CA
CALGARY'S KIA SUPERSTORE!
Plus! With Every Purchase!
NO CHARGE REMOTE START!
EXCLUSIVELY AT EASTSIDE KIA
DAILY DRAWS! ENTER EARLY TO INCREASE YOUR CHANCES OF WINNING!
KIA WINTERFEST
CAR-A-DAY GIVEAWAY
60 CARS. 60 DAYS.
$5000 IN PRIZES GIVEAWAY
INCLUDING BIG SCREEN T.V.'S, OIL CHANGES, APPLE T.V.'S AND MUCH MORE!!!
2013 SPORTAGE LX AUTO — NO PAY 180 DAYS! — STK#522387 — OWN IT FROM $26,745 — CASH SAVINGS <$3,500> — $144/BW O DOWN* — CASH PURCHASE PRICE $23,245
2013 SOUL 2U AUTO — NO PAY 180 DAYS! — STK#637511 — OWN IT FROM $22,245 — CASH SAVINGS <$2,000> — $118/BW O DOWN* — CASH PURCHASE PRICE $20,245
2014 SORENTO WINTER READY PKG. — NO PAY 180 DAYS! — STK#519164 — OWN IT FROM $29,960 — CASH SAVINGS <$3,000> — $170/BW O DOWN* — CASH PURCHASE PRICE $26,960
2014 FORTE LX AUTO — STK#156463 — OWN IT FROM $21,580 — CASH SAVINGS <$2,000> — $120/BW O DOWN* — CASH PURCHASE PRICE $19,580
2013 OPTIMA TURBO — NO PAY 180 DAYS! — NO CHARGE TURBO!! — STK#424131 — OWN IT FROM $30,900 — CASH SAVINGS <$3,500> — N/C TURBO <$1,800> — $157/BW O DOWN* — CASH PURCHASE PRICE $25,600
2014 RONDO WINTER READY PKG. — NO PAY 180 DAYS! — STK#047659 — OWN IT FROM $27,010 — CASH SAVINGS <$2,500> — $144/BW O DOWN* — CASH PURCHASE PRICE $24,510
I'M CATRIONA LEMAY-DOAN. LET EASTSIDE KIA SHOW YOU WHY THEIR CUSTOMER SERVICE IS #1 IN CALGARY!
CATRIONA LEMAY DOAN
EASTSIDE KIA .CA
2256 23rd St NE • www.eastsidekia.ca
403.250.2502
CALL OUR APPOINTMENT HOTLINE TODAY AND SEE IF YOU QUALIFY FOR OUR $500 TEST DRIVE
AMVIC Alberta Motor Vehicle Industry Council
KIA The Power to Surprise
mobility PROGRAM $500 Test Drive
5 CERTIFIED PRE-OWNED
Price and payments include fees but not GST. Payments based on 0 down on 60/84 financing.EG 2013 financed at 0% and 2014 financed at 0% up to 1.49% - zero cost of borrowing. Vehicles may not be exactly as illustrated. See dealer for details.

4 SPORTS

Speedskating

Irvine breaks personal record

Calgary's Kaylin Irvine posted her best 1,000-metre World Cup result on Sunday, skating to a 12th place showing on the final day of a long-track speedskating World Cup event.

The 23-year-old had a one minute 17.01 second finish in the A group race. She was 16th in her two previous A 1,000-metre races in March.

Irvine was the only Canadian entered in an A race on Sunday.

THE CANADIAN PRESS

Luge

Gough narrowly misses podium in Germany

Alex Gough slid just short of her second World Cup medal of the season after finishing fourth at the luge World Cup in Winterberg, Germany on Sunday.

The 26-year-old from Calgary, who won the bronze medal at the season-opener in Norway, could not break Germany's domination of the podium and was forced into fourth with a two-run time of one minute 54.382 seconds. THE ASSOCIATED PRESS

Alex Gough
THE ASSOCIATED PRESS

Canada's Manuel Osborne-Paradis competes in the men's super-G on Sunday in Lake Louise. JONATHAN HAYWARD/THE CANADIAN PRESS

Osborne-Paradis, Hudec in for Sochi

Super-G.
Skiers overcome disappointing downhill races to secure spots in the 2014 Olympic team

Manuel Osborne-Paradis and Jan Hudec didn't want to leave home without securing their spots on Canada's Olympic team.

The two men bounced back from disappointing downhill races at the Lake Louise World Cup to finish in the top 12 in Sunday's super-G.

Calgary's Hudec was 10th and Vancouver's Osborne-Paradis finished 12th, both meeting the criteria to be nominated to the 2014 Olympic team.

"We were both talking about how frustrated we were so I'm glad I got that out of the way now," Hudec says. "It takes the pressure off. The longer you leave it, the more pressure you put on yourself on tougher courses."

They followed Erik Guay of Mont-Tremblant, Que., in meeting the Olympic team standard in Lake Louise. Guay was eighth in Saturday's downhill to qualify for his third Winter Games. The 2014 Winter Olympics are in Sochi, Russia, in February.

Aksel Lund Svindal of Norway won the super-G at Lake Louise for the third straight year. He's won six World Cup races at the Alberta resort during his career.

His fifth super-G win broke the record of four previously held by Austrian legend Hermann Maier. Svindal's lone downhill victory was last year.

THE CANADIAN PRESS

And ... check!

"We were both talking about how frustrated we were so I'm glad I got that out of the way now,"

Manuel Osborne-Paradis, downhill skier, talking about a conversation with fellow skier Jan Hudec and their bumpy road to qualifying for a spot in the 2014 Winter Olympics in Sochi, Russia.

TELL US YOUR TOP PICKS OF 2013
• Join the Metropolitan Panel to participate in our survey December 6th - 8th and share your favourites of 2013
• Results will be highlighted at the end of December in Metro!
• Plus, one lucky Metropolitan Panel member will WIN a Samsung Galaxy Tablet!
• For details on how to participate and win go to clubmetro.com
VISIT clubmetro.com TO ENTER
Metropolitan Panel
No purchase necessary. Full contest details available at clubmetro.com

Broncos trample Chiefs on way to top of AFC West

NFL. Manning racks up 5 TDs, four caught by Decker; K.C. loses third straight game

In the words of Chiefs safety Eric Berry, Peyton Manning does not discriminate.

If you're playing wide receiver for the Denver Broncos and you manage to get yourself open, you can bet that Manning is going to find a way to get you the ball.

On Sunday, he rewarded Eric Decker all afternoon.

Manning threw for 403 yards and five touchdowns, four of them to Decker, and the Broncos held off a rally to beat the Chiefs 35-28 and seize control of the AFC West.

"I think he showed people why he's so great," Decker said. "How we run our offence, we're very versatile as far as going inside, outside, left, right — whatever it may be. Fortunately I had some play calls and took advantage of the opportunities I got."

The Chiefs' Eric Berry pressures Broncos QB Peyton Manning on Sunday in Kansas City. GETTY IMAGES

Decker had eight catches for a career-high 174 yards for the Broncos (10-2), who moved a game clear of the Chiefs (9-3) in the division.

With four games left, Denver also holds the tiebreaker by virtue of two wins over Kansas City in the past three weeks. The Broncos have the AFC's best record.

Manning has 41 TD passes, breaking his franchise record of 37 set last season.

Denver won despite missing a slew of injured players, including three starters on defence and tight end Julius Thomas, who has developed into one of Manning's favourite red-zone options.

THE ASSOCIATED PRESS

Oilers overcome goalie's injury to defeat Stars

Oilers goalie Ilya Bryzgalov is helped off the ice during a game against the Stars on Sunday in Dallas. After having his shot stopped, the Stars' Ryan Garbutt collided with Bryzgalov, who left with an upper-body injury and didn't return. Devan Dubnyk came on in relief and the Oilers won 3-2 in a shootout. Ales Hemsky and Andrew Ference scored for Edmonton, while Garbutt had both goals for Dallas. RONALD MARTINEZ/GETTY IMAGES

Not at cost of CFL

Little appetite for NFL team in Canada, poll finds

An overwhelming majority of Canadians don't want an NFL team in Canada if it means the demise of the CFL, a survey suggests.

Forty per cent of 1,007 online participants said they didn't want an NFL team in Canada at all while another 41 per cent added they'd welcome an NFL franchise in this country only if it co-existed with the CFL. The survey, released Sunday, was conducted in mid-November by Reginald Bibby, a professor of sociology at the University of Lethbridge, and pollster Angus Reid Global.

"They'd have to co-exist, that's the simple bottom line," Bibby said in a telephone interview. "Compared to 1995, if anything, that viewpoint seems to have solidified."

THE CANADIAN PRESS

POOR CREDIT? NO CREDIT?
CALL TODAY & GET APPROVED
NEED A CAR, TRUCK, SUV OR VAN?
HAVE YOU BEEN DECLINED FOR AN AUTO LOAN BEFORE?
PREVIOUSLY BANKRUPT, POOR CREDIT, NO CREDIT AT ALL OR OUTSTANDING COLLECTIONS?
HELP WITH YOUR AUTO INSURANCE!!
CLEAR OFF OUTSTANDING FINES!!
0 DOWN
UP TO $5000 CASH BACK
NATHAN 403.919.7716
LISA
2012 JEEP COMPASS AM12519 $149 /BW + GST
2013 CHEV CRUZE AM12419 $164 /BW + GST
2010 CHEV SILVERADO 1500 HYBRID #12478A $174 /BW + GST
2012 TOYOTA COROLLA AM12388 $124 /BW + GST
AUTOMAXX
PH 403.276.4000
1.800.902.1941
424 16TH AVE NW CALGARY
CALL US!
CALGARYAUTOCREDIT.com

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Montreal	27	15	9	3	73	57	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	27	14	13	0	60	66	28
New Jersey	27	11	11	5	59	64	27
Philadelphia	26	12	12	2	57	63	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	28	15	8	5	68	67	35
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28
Winnipeg	28	12	12	4	73	80	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

Sunday's results
Vancouver 3 Carolina 2
Detroit 4 Ottawa 2
Edmonton 3 Dallas 2 (SO)

Saturday's results
NY Rangers 5 Vancouver 2
Boston 3 Columbus 1
Pittsburgh 5 Florida 1
New Jersey 1 Buffalo 0 (OT)
Montreal 4 Toronto 2
Washington 3 NY Islanders 2 (OT)
Philadelphia 3 Nashville 2 (SO)
Chicago 5 Phoenix 2
Colorado 3 Minnesota 2 (SO)
Calgary 2 Los Angeles 1
San Jose 4 Anaheim 3 (SO)

Monday's games — All Times Eastern
Winnipeg at NY Rangers, 7 p.m.
New Jersey at Montreal, 7:30 p.m.
Philadelphia at Minnesota, 8 p.m.
St. Louis at Los Angeles, 10:30 p.m.

Tuesday's games
San Jose at Toronto, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Dallas at Chicago, 8 p.m.
Phoenix at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malkin, Pgh	7	28	35
Steen, StL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
H. Sedin, Van	7	20	27
Marleau, SJ	12	14	26
Karlsson, Ott	7	19	26
Ryan, Ott	13	12	25
Backes, StL	12	13	25
Little, Win	12	13	25
Toews, Chi	12	13	25
D. Sedin, Van	10	15	25
Pavelski, SJ	9	16	25
Backstrom, Wash	6	19	25

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern
Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Atlanta	9	9	.500	7 1/2
d-Toronto	6	10	.375	9 1/2
Washington	8	9	.471	8
Chicago	7	8	.467	8
Charlotte	8	10	.444	8 1/2
Detroit	7	10	.412	9
Orlando	6	10	.375	9 1/2
Boston	7	12	.368	10
Philadelphia	6	12	.333	10 1/2
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	13	.188	12 1/2
Milwaukee	3	13	.188	12 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	14	3	.824	—
d-Portland	13	3	.813	1/2
Oklahoma City	12	3	.800	1
d-L.A. Clippers	12	6	.667	2 1/2
Houston	13	5	.722	1 1/2
Denver	10	6	.625	3 1/2
Dallas	10	8	.556	4 1/2
Golden State	10	8	.556	4 1/2
L.A. Lakers	9	8	.529	5
Phoenix	9	8	.529	5
New Orleans	8	8	.500	5 1/2
Memphis	8	8	.500	5 1/2
Minnesota	9	10	.474	6
Sacramento	4	11	.267	9
Utah	3	15	.167	11 1/2

d–division leader

Sunday's results
Denver 112 Toronto 98
Indiana 105 L.A. Clippers 100
Detroit 115 Philadelphia 100
Miami 99 Charlotte 98
Golden State 115 Sacramento 113
Oklahoma City 113 Minnesota 103
New Orleans 103 New York 99
Portland at L.A. Lakers

Saturday's results
Washington 108 Atlanta 101
Cleveland 97 Chicago 93
Brooklyn 97 Memphis 88
Minnesota 112 Dallas 106
Houston 112 San Antonio 106
Milwaukee 92 Boston 85
Utah 112 Phoenix 104

Monday's games — All Times Eastern
Orlando at Washington, 7 p.m.
New Orleans at Chicago, 8 p.m.
Atlanta at San Antonio, 8:30 p.m.
Houston at Utah, 9 p.m.
Indiana at Portland, 10 p.m.

Horoscopes

♈ Aries
March 21 - April 20
There is no such thing as something for nothing and if you do not quite believe that now you will believe it by the end of the day.

♉ Taurus
April 21 - May 21
It may appear as if you are the only one making sacrifices for a relationship but the planets warn you are not seeing the situation clearly. Don't start complaining or you may lose the one person who makes your world a better place.

♊ Gemini
May 22 - June 21
Honesty is the best policy today, especially if you have done something that makes you feel bad about yourself.

♋ Cancer
June 22 - July 23
It may be better to give than to receive but sometimes you wonder why it seems to be you who does all the giving while others do all the receiving.

♌ Leo
July 24 - Aug. 23
What others expect of you is not important – what matters is what you expect of yourself. Others may say you should be doing this or doing that today but you must reject it all and do only what makes you happy.

♍ Virgo
Aug. 24 - Sept. 23
Some things you can see from a long way away but others things you don't see until you are right up in front of them. You're not the only one to see something so important so late in the day, so don't make a big deal of it.

♎ Libra
Sept. 24 - Oct. 23
The more you search for a solution to a problem of some kind the more it seems to elude you. Maybe you are trying too hard.

♏ Scorpio
Oct. 24 - Nov. 22
You may have to hurt someone's feelings today by saying something you know they don't want to hear but if you don't they will keep making the same mistake over and over again.

♐ Sagittarius
Nov. 23 - Dec. 21
If you ask for something today you will most likely get it. But will it be good for you? The planets warn it might be smart to stick with what you already have and try to make the best of it. More is not necessarily better.

♑ Capricorn
Dec. 22 - Jan. 20
Generally you take people as you find them and don't care where they are coming from or where they are going to.

♒ Aquarius
Jan. 21 - Feb. 19
Just because something is new-fangled or fashionable does not mean it is good. Keep that thought in mind and if you are confronted with a choice between something old and dull and something new and exciting, go for the old and dull.

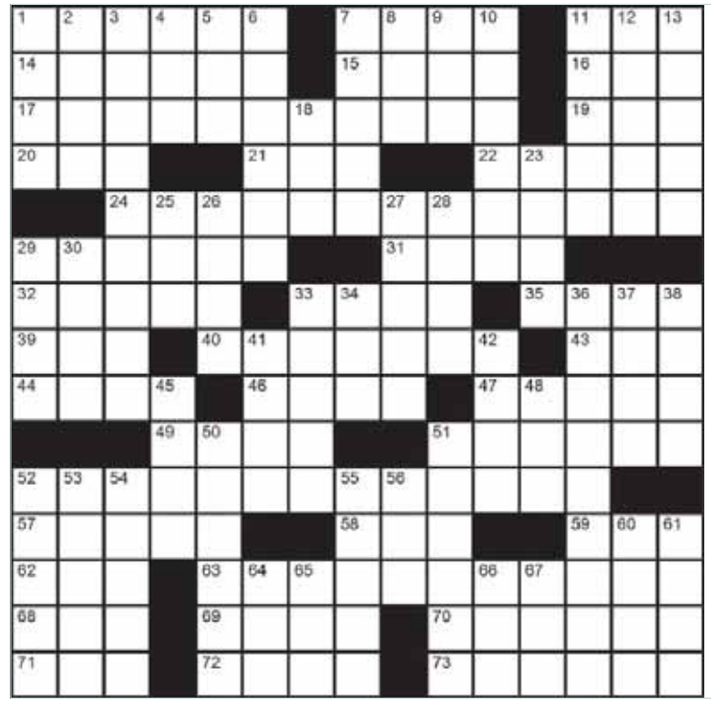
♓ Pisces
Feb. 20 - March 20
You may have strong opinions about something and you have every right to express them but you need to accept that not everyone agrees with you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



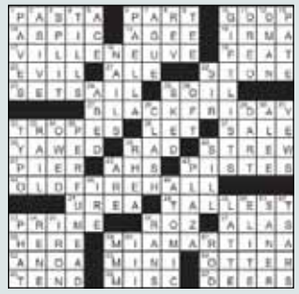
Across

1. HS class: 2 wds.
7. Tim Hortons CEO Mr. Caira
11. Bitter __
14. In a forthright way
15. Puccini aria: "_ __ Babbino Caro"
16. Male sheep, in Brit.
17. Auction House in Toronto since 1850
19. Caesar's 61
20. Caesar's 551
21. 'Social' suffix
22. 2003 to 2007 series, "__ _"
24. Auction attendees, often: 2 wds.
29. Big leagues in baseball
31. Much: 2 wds.
32. Prefix to 'clast' (Image breaker)
33. Sony co-founder, __ Morita
35. Remain unsettled
39. Tarzan creator's monogram
40. Waterloo, ON: __ Laurier University
43. Agnus __ (Mass prayer)
44. Wall St. landmark, commonly
46. Breath mints, tic __
47. Canadian actress Kelly
49. Sonny & __
51. Wine-tasting need
52. Lady Gaga to her fans: 2 wds.
57. 1996 film for Madonna
58. Grind __ _ halt
59. The: German
62. Winnipeg-born actor Mr. Cariou
63. Saskatchewan __ Building, in Regina
68. Energy unit
69. Scottish hats
70. Don't target correctly
71. Aliens, commonly
72. "Quiet..."
73. __ Creek, Ontario

Down

1. "__ you do that?"
2. Ring stone
3. 'Journalist' and 'TV Host', for example: 2 wds.
4. Halt
5. Yalie
6. Fault-finders
7. Traveller's lodging
8. 'I love', in Latin
9. __ Tin Tin
10. Membership store
11. National Chief of the Assembly of First Nations, Shawn __
12. Egyptian city
13. Sagas
18. Ronny & The Daytonas hit
23. Web address starter
25. Director Mr. Howard
26. Think, archaically
27. Animal dens
28. Time Machine people
29. Demeanor
30. "_ __ in the Dark" (1988)
33. __ clock
34. Fast food chain, commonly
36. __ Era (English history period of 1901 to 1910)
37. Shipshape
38. Have supper
41. Roman road
42. "Shoot!"
45. Genuine
48. Grand __ Opry
50. Well-being department, __ Canada
51. Sacred songs
52. Battle royal
53. Blatant
54. Dainty bell sounds
55. Range in Quebec, __ Mountains
56. Headshakes
60. Songstress Ms. Sands
61. Saint-__ (Place in France where Vincent van Gogh painted)
64. Parisian water
65. Baseball execs
66. River island
67. Classy music gr. in Ontario

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4				8			
7			2	9		6	5	
5		9					4	
	5	1		2				
			1		3			
				7		1	3	
	9					4		2
	2	8		4	5			1
			8				6	

Friday's Sudoku

7	4	9	3	8	1	2	5	6
6	8	3	5	2	4	9	1	7
2	1	5	6	9	7	4	8	3
5	2	4	1	6	3	8	7	9
3	6	1	9	7	8	5	4	2
8	9	7	2	4	5	6	3	1
4	5	6	7	1	2	3	9	8
1	3	2	8	5	9	7	6	4
9	7	8	4	3	6	1	2	5

Weather

TODAY	SATURDAY	SUNDAY
MAX: -8° MIN: -9°	MAX: -16° MIN: -16°	MAX: -15° MIN: -24°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

metro
News worth sharing.

Mr. TIRE CANADA
587-899-8473
AT MR. TIRE CANADA WE ARE A FULL SERVICE MOBILE TIRE SHOP!
That's Right, Mobile. We come to you and we don't cost any more than a traditional tire shop.
SERVICES WE OFFER:
• Flat Repairs
• Seasonal Change Overs
• Tire Rotations
• Wheel Balancing
• New Tire Installation
Our Waiting Room is Your Living Room!
Our Service is 24/7. Call us any time!
YOU NAME IT WE DO IT!
WE SERVICE:
• Cars
• Vans
• Trucks
• Quads
• Light Duty
• Heavy Duty

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: Dec 18th- 22nd, 2013
Next Seminar: Dec 10th, 2013 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE

Snuggle up to a FREE TV.

And get cozy with the most HD entertainment.*

Get a FREE 42" LG Smart TV when you sign up for Optik TV™ and Internet for 3 years.†

Call **310-MYTV (6988)**, go to **telus.com/optiktv** or visit your **TELUS Store** or **Authorized Dealer**.

TELUS

the future is friendly®

TELUS STORE OR AUTHORIZED DEALER

Northwest

Beacon Hill Shopping Centre

Market Mall

North Hill Centre

Northeast

Country Hills Town Centre

Marlborough Mall

Pacific Place

Sunridge Mall

822 Crowfoot Cres. NE

1353 32nd Ave. NE

2520 23rd St. NE

Rockyview

CrossIron Mills

Southwest

Bankers Hall

Bow Valley Square

Chinook Centre

The Core

Southcentre Mall

Westbrook Mall

Westhills Towne Centre

321 6th Ave. SW

2008 33rd Ave. SW

4623 Bow Trail SW

6039 Centre St. S

4825 Macleod Trail SW

Southeast

Deerfoot Meadows

Shepard Centre

1288 42nd Ave. SE

3012 17th Ave. SE

4410 50th Ave. SE

7845 Flint Rd. SE

Airdrie

2145 Summerfield Blvd.

Okotoks

31 Southridge Dr.

118 Elizabeth St.

Strathmore

55 Wheatland Trail

331 3rd Ave.

*Subscription to corresponding channels required; HD not available with all channels. †Offer available until December 31, 2013, to residential customers who have not subscribed to Optik TV or Internet in the past 90 days. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. TELUS reserves the right to modify channel lineups and packaging and regular pricing without notice. Cannot be combined with other offers. Offer not available with TELUS Internet 6. HDTV-input-equipped television required to watch HD. 42" LG Smart TV offer available while quantities last and cannot be combined with promotional prices. TELUS reserves the right to substitute an equivalent or better product without notice. Manufacturer's suggested retail price of a 42" LG Smart TV is $899. Cancellation fee for early termination of a service agreement will be $24/mo. for the 42" LG Smart TV and $10/mo. for the HD PVR and digital boxes multiplied by the number of months remaining in the term. Current rental rates apply at the end of the term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. TELUS, the TELUS logo, Optik, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under licence. © LG Electronics Canada, Inc. All rights reserved. "LG Life's Good" is a registered trademark of LG Corp. © 2013 TELUS.